IN STYLE
KATE, PIPPA'S PREPPY LOOK TURNING HEADS
{page 36}

CAPS FAN ALLEGES HE WAS SPAT ON
MONTREAL CAPTAIN FACES HEARING {page 3}

80 NIGHTS, DAYS AT YVR
COULD YOU HANDLE IT?
{page 6}

VANCOUVER metro®
Thursday, June 23, 2011
www.metronews.ca
News worth sharing.

†THESE ARE NOT THE OFFICIAL RULES. NO PURCHASE NECESSARY. Contest closes August 28, 2011. Look inside for 1 of 10 Winning Keys for a Finalist Prize, consisting of (1) a Finalist Trip (ARV $2,620) and (2) a yearly supply of Caramilk® bars (365) for 25 years OR cheese for $10,858.75. Odds no less than 1 in 1,630,933. Finalist has no less than a 1 in 10 chance to win up to $250,000. Must be age of majority. Skill-testing question required. Full rules at caramilk.ca or call 1-866-782-3267. Trademark, used under license.

Report clears Frank Paul prosecutors

Davies Commission finds no wrongdoing in decision not to charge officers ◗ Inquiry's final findings publicly released

Prosecutors acted "honourably and with integrity" in their decision not to charge Vancouver police officers in the 1998 death of Frank Paul.

That was the key finding in the Davies Commission's final report to the provincial government, which was made public yesterday, after unprecedented hearings that saw members of the Criminal Justice Branch called to testify and explain their actions.

While William Davies acknowledged more needs to be done to ensure public confidence, he found no signs of wrongdoing in the branch's decision not to approve criminal charges against the officers involved in the incident.

From 1999 to 2004, four assessments were conducted into the incident considering charges of failing to provide the necessities of life, manslaughter and criminal negligence causing death.

In the end, no criminal charges were laid as prosecutors didn't feel there was enough evidence for a "substantial likelihood of conviction."

"The branch considered the available facts professionally, addressed all possible criminal charges in light of the applicable law, and applied the facts and law to whether there was a substantial likelihood of conviction," Davies wrote.

"I am also satisfied that all the charge assessments were conducted honestly, conscientiously and free from any bias or discrimination."

The circumstances around Paul's death sparked a firestorm of controversy.

The aboriginal man was twice arrested for being intoxicated on Dec. 6, 1998, refused entry into the city jail and eventually left in an alley despite being incapable of taking care of himself.

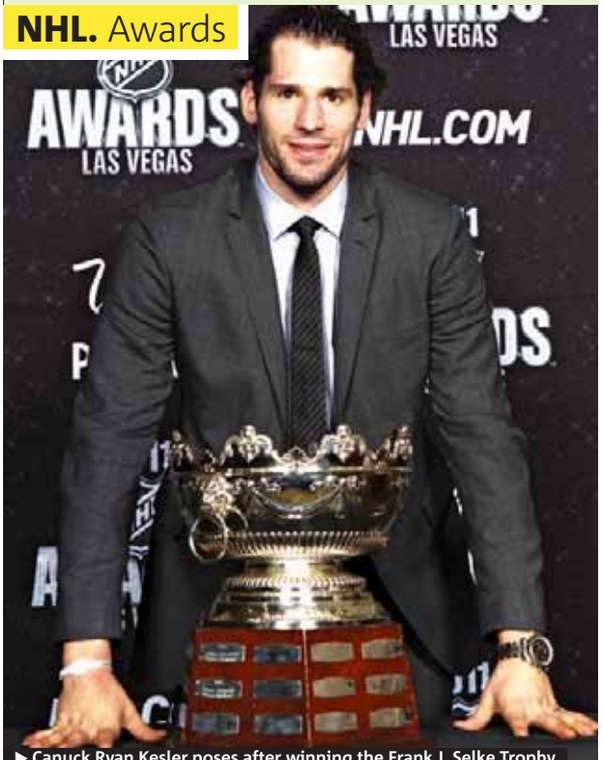
He died of hypothermia.

The Davies Commission began its work in 2007 to investigate the circumstances around his death and the response of police and prosecutors.

One of the commission's lasting legacies will be the creation of an independent, civilian police-oversight body in the province.

MATT KIELTYKA

NHL. Awards



▶ Canuck Ryan Kesler poses after winning the Frank J. Selke Trophy during the 2011 NHL Awards yesterday. He was a finalist for the award on two previous occasions.

BRUCE BENNETT/GETTY IMAGES

Canucks score hardware

Vancouver came up big at the NHL Awards yesterday, with Ryan Kesler, Daniel Sedin and general manager Mike Gillis taking home honours. **Story, page 46.**

AX
Ciao!
SUMMER SALE EVENT
NOW UP TO 50% OFF
ROBSON STREET
METROPOLIS AT METROTOWN
OAKRIDGE CENTRE
ARMANI EXCHANGE

Fan spitting mad after run-in with Montreal player

Whitecaps fan claims Montreal captain spat in his face ◐ Canadian Soccer Association holding disciplinary hearing next week

MATT KIELTYKA
@METRONEWS.CA

A Vancouver Whitecaps fan has a bitter taste in his mouth after an opposing team's player allegedly spat in his face at Empire Field.

Ashley Perry was standing under the players' walkway at the stadium with other fans May 4, chanting "Au revoir" to members of the Montreal Impact — who were just eliminated from the Nutrilite Canadian Championship — when the team's captain, Nevio Pizzolitto, allegedly looked at Perry and spat right in his face.

"Before I even knew it, I had a large amount of spit on my face.... Without going into too much detail on something that disgusting," said Perry. "It was instant shock. That's a pretty low thing to do to someone in any capacity, let alone from a professional football player."

Several security guards witnessed the incident and the Whitecaps launched an internal review of the incident before passing the matter on to the Canadian Soccer Association.

On guard

- Security around the walkway, which bridges 15 feet over the southern entrances to the public seating, has been beefed up since the incident.

The CSA confirmed that Pizzolitto is scheduled to appear before their disciplinary committee on Monday after being charged with "committing an act that brings the game into disrepute."

Perry isn't sure what kind of punishment Pizzolitto — a former Canadian national team player – will face, but says all he ever wanted was an apology.

"What I'm most surprised and shocked about is the fact that there is no contact from the club," he said. "There have been no apologies to this date or even an attempt to apologize, absolutely nothing."

Perry is unsure whether he'll attend Monday's disciplinary hearing in Edmonton.

For more news, metronews.ca/vancouver

PÊPÊ/IMPACT DE MONTRÉAL

▶ Whitecaps striker Eric Hassli, left, and Montreal Impact captain Nevio Pizzolitto tangle in the second leg of the Nutrilite Canadian Championship May 4 in Vancouver.

1 news

Move over pole-dancing and Zumba: The latest Hollywood fitness craze is banging the drums. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Canada's Bollywood devotees explain to the rest us what we're missing out on. Video at metronews.ca.

Follow us on Twitter @vancouvermetro

Shame campaign invading privacy?

Stories have been mounting of people photographed and videotaped in the chaos of Vancouver's Stanley Cup riot who've had their lives upended.

It's likely to grow, as public-shaming campaign yields more photos and names every day and police prepare to use some of those images as evidence in criminal cases.

The phenomenon is raising new questions about privacy and surveillance in a world where few public spaces are free from the gaze of a cellphone camera, particularly when those public spaces turn into crime scenes.

Vancouver's police department has received thousands of tips and photos and investigators are asking the public for more. The police are also warning people not to take the law into their own hands, with some alleged rioters complaining about threats.

THE CANADIAN PRESS

New surveillance

- **Social media.** Josh Greenberg, a specialist in social media at Carleton University in Ottawa, says social media have given rise to a new form of surveillance.
- **Cellphone.** Greenberg says when cellphone pictures are sent to the police, it's not much different than witnesses coming forward or calling Crime Stoppers with tips. He doesn't see any major privacy concerns with that.
- **Videos.** But the real danger, says Greenberg, is how citizens have been using those photos and videos online, effectively meting out punishment before the police and courts figure out what actually happened.

Face recognition software OK for nabbing rioters: Watchdog

Privacy act allows ICBC to share limited personal info to police

PHYLICIA TORREVILLAS
VANCOUVER@METRONEWS.CA

B.C.'s top privacy watchdog said it's OK for police to use ICBC's facial-recognition software to nab Stanley Cup rioters and looters, but they would have to get a court order first.

Privacy Commissioner Elizabeth Denham said a provision in the Freedom of Information and Protection of Privacy Act allows ICBC to disclose some personal information for legitimate police use.

"I think privacy commissioners and oversight bodies are uncomfortable whenever personal information gathered for one purpose is used for a different purpose, but the law allows law enforcement to obtain information for legitimate (police) purposes," Denham said. "That's what the law says and it's my job to uphold the law."

ICBC spokesperson Adam Grossman said public concerns about privacy are important, but he assured that the Vancouver Police Department won't have direct access to the system.

He added the police will provide the images and ICBC will be the one to find a match in the database, but only after police obtain a court order to get the information.

Micheal Vonn from the B.C. Civil Liberties Association said she doesn't agree with ICBC using an administrative database for population-based surveillance.

"In order to run that first query, every single person in British Columbia with B.C. ID or a licence is being searched to match that photo," Vonn said.

"The mob furor that has been whipped out around this seems to be being used as opportunistically to support this kind of notion that British Columbians will be identifiable in public space through this database."

JENNIFER GAUTHIER/FOR METRO

▶ A Vancouver Canucks fan poses for a photo in front of a burning vehicle at the corner of Georgia and Hamilton streets during the Stanley Cup riot.

FLIGHT CENTRE® Unbeatable

Airfares

Frankurt from $143 + taxes & fees $505

Las Vegas	from $198 + taxes & fees $111
Munich	from $299 + taxes & fees $490
San Francisco	from $299 + taxes & fees $130
Toronto	from $299 + taxes & fees $205
Orlando	from $389 + taxes & fees $119
Paris	from $398 + taxes & fees $463
Honolulu	from $428 + taxes & fees $115
New York	from $488 + taxes & fees $164
Bangkok	from $525 + taxes & fees $734
Lima	from $609 + taxes & fees $407
Hong Kong	from $639 + taxes & fees $237

Canada & USA

Las Vegas Air + 3 Nights from $199* + taxes & fees $63
INCLUDES air from Bellingham and accom on the Strip.

Kelowna Weekend, 2 Nights from $198 taxes & fees included
INCLUDES downtown Kelowna accom near Lake Okanagan. ADD Summerhill Winery tour from $10.

Anaheim Air + 4 Nights from $369◊ + taxes & fees $128
INCLUDES accom adjacent to theme parks. Price per person based on family of 4. BOOK package based on double occupancy from $449 per person.

Thompson River River Rafting 2 Nights from $469◊◊ taxes & fees included
INCLUDES cabin-tent accom, meals, use of all resort amenities and 1 day guided rafting. Price is per person based on quad occupancy. BOOK package based on double occupancy from $539 per person.

San Francisco Air + 3 Nights from $499 + taxes & fees $133
INCLUDES central accom with breakfast.

Cruises

Western Caribbean 6-Night Cruise from USD $289 + taxes & fees USD $86
CRUISE roundtrip Fort Lauderdale and visit Key West, Grand Cayman and Ocho Rios.

Mexican Riviera 7-Night Cruise from USD $359 + taxes & fees USD $56
CRUISE roundtrip Los Angeles and visit Puerto Vallarta, Mazatlan and Cabo San Lucas.

Mediterranean 7-Night Cruise from $529 + taxes & fees $101
CRUISE roundtrip Venice and visit Dubrovnik, Piraeus, Izmir and Split.

Vacations

Paris Air + First 2 Nights from $629 + taxes & fees $463
INCLUDES Montmartre accom near Moulin Rouge and Sacre Coeur. ADD Benelux-France Pass Saver (4 days in 2 months) from $337.

Bali Air + 8 Nights from $1259 + taxes & fees $283
INCLUDES resort accom on Sanur Beach.
UPGRADE to 4-star resort accom from only $6 per night.

All-inclusive Vacations

Puerto Vallarta 7 Nights 4-Star from $258 + taxes & fees $331

Mayan Riviera 7 Nights 4.5-Star from $557 + taxes & fees $331

Mazatlan 7 Nights 3.5-Star from $599 + taxes & fees $114
UPGRADE to 4-star from $14 per night.

Cancun 7 Nights 4-Star from $633 + taxes & fees $331
INCLUDES adults only accom.

Hawai'i

Honolulu Air + 7 Nights from $638 + taxes & fees $109
INCLUDES resort accom near Waikiki beach.

Maui Air + 7 Nights from $729 + taxes & fees $117
INCLUDES Ka'anapali Beach resort accom.
UPGRADE to 4-star accom from $42 per night.
ADD car rental from $128.

LOWEST AIRFARE GUARANTEE We will beat any airfare quote or you fly free!

1 866 502 4576 | TEXT Join our Insider Club for hot deals. Text YVR to 131 600 | flightcentre.ca | Visit us in store.

*Conditions apply. Ex: Vancouver. *Ex: Bellingham. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive packages include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ◊Price per person based on quad occupancy (2 adults & 2 children ages 2-11). ◊◊Price per person based on quad occupancy (4 adults, min age 12 yrs). † We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree. BC REG: #HO2790*

"Intesar helped open the door to our new start in Canada."

The ***Scotiabank StartRight***® Program[1], specially designed for newcomers, makes settling in Canada easier. Let one of our knowledgeable *Scotia*® advisors show you how.

Start Right Here. Find your nearest Scotiabank branch or visit scotiabank.com/startright

Scotiabank StartRight™
PROGRAM FOR NEWCOMERS

BANKING • ESTABLISHING CREDIT • OWNING YOUR HOME • SAVING

®Registered trademarks of The Bank of Nova Scotia. ™Trademark of The Bank of Nova Scotia.
[1]The *Scotiabank StartRight* Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers.

STOLEN POWER

Grow-ops costing BC Hydro

A new report indicates that indoor marijuana grow-ops are costing BC Hydro customers $154.5 million every year. The report estimates that 52 per cent of indoor grow-ops operate using stolen power, and predicts that power theft will increase.

"Those people with the largest grows are the most likely to steal hydro," explained Plecas.

"They don't want to pay because obviously it would set off an alarm bell: why is somebody using such an incredible amount of power?"

The report refers to grow-ops as "a considerable threat to the sustainability of hydro electricity in British Columbia." DAVID PROCTOR

Greyhound hits moose

A Greyhound bus travelling to Kamloops from Edmonton veered off Highway 5 after it hit a moose and landed in a swamp. All 18 passengers were transported by another Greyhound bus to a nearby hospital, but only one person was injured with a broken arm. SAHARA GIANNONE

Fight HST attacks

Fight HST fired another volley at the provincial government yesterday, releasing a third set of HST myths. The coalition attacked the announcement that the HST will be reduced to 10 per cent, noting it will take three years and that there will be an election in the meantime. DAVID PROCTOR

Around the airport in 80 days, with no flight to catch

Vancouver International's new contest offers a chance to live at the airport

SAHARA GIANNONE
VANCOUVER@METRONEWS.CA

For many, the agony of sitting around and waiting in airports is among the worst aspects of travelling.

A one-, two- or even three-hour wait is one thing, but imagine spending two and a half months — à la Tom Hanks in Steven Spielberg's The Terminal — unable to leave the airport.

In honour of its 80th birthday this summer, Vancouver International Airport is looking for a person to live at the airport, unable to leave, for 80 days and 80 nights.

The contest, which launches today, is called Live@YVR. The winner will act as a storyteller, going behind the scenes at the airport and sleeping at the Fairmont Vancouver Airport Hotel.

They will post video, photos and blog content about their experience through a dedicated YVR channel that can be viewed by the public.

"This once-in-a-lifetime opportunity will allow someone to experience the airport in a whole different way and share their stories with the world," said Rebecca Catley, director of communications for the Vancouver Airport Authority.

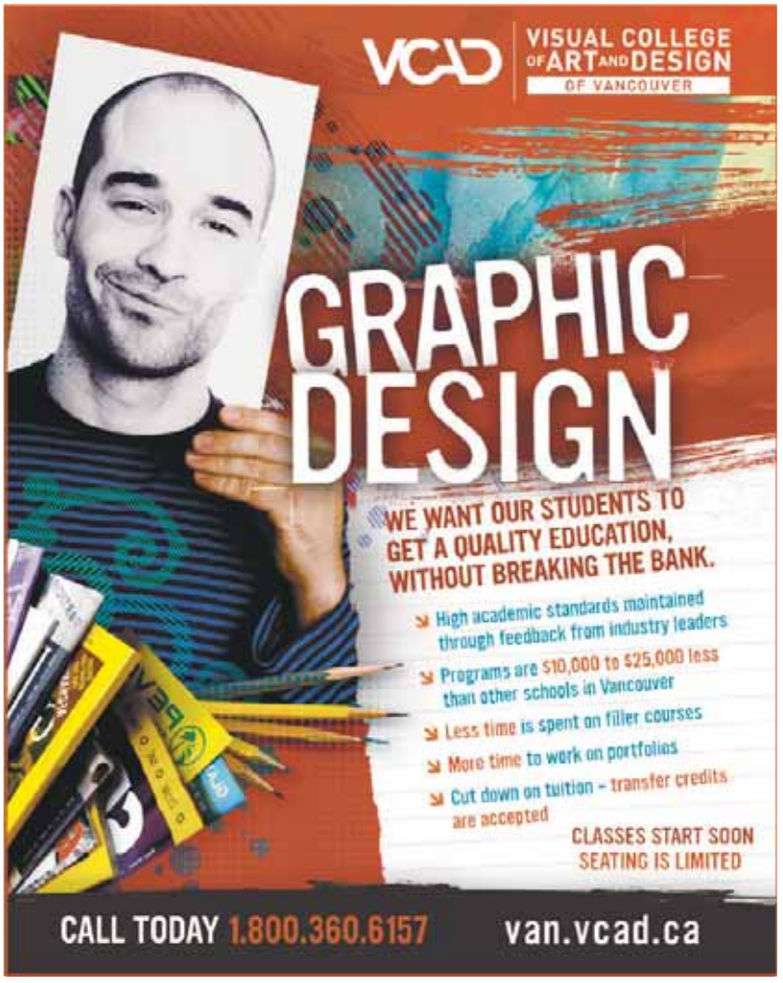
British Columbians can enter at liveatYVR.ca by submitting a short community-related video reflective of their skills and ability to engage their audience.

JEFF HODSON/METRO FILE

▶ People walk toward the Canada Line Station at Vancouver International Airport.

The winner will be chosen by a public vote on the top five videos on July 25 and the 80-day YVR live-in will commence Aug. 17, with an honorarium awarded upon completion.

A career in
business
health care?
technology
It's closer than you think.
In a matter of months, you can earn your diploma from CDI College in one of more than 50 programs in Business, Health Care, and Technology.
With campuses in Vancouver, Surrey, Richmond, Burnaby, Abbotsford and 19 across Canada, CDI College is closer than you think.
Ready for your career?
Make the call
Health Care Assist
Rehabilitation Assistant
Addictions & Community Services Worker
CDI college
1 888-654-4179
van.cdicollege.ca


VCAD
VISUAL COLLEGE OF ART AND DESIGN OF VANCOUVER
GRAPHIC DESIGN
WE WANT OUR STUDENTS TO GET A QUALITY EDUCATION, WITHOUT BREAKING THE BANK.
High academic standards maintained through feedback from industry leaders
Programs are $10,000 to $25,000 less than other schools in Vancouver
Less time is spent on filler courses
More time to work on portfolios
Cut down on tuition – transfer credits are accepted
CLASSES START SOON SEATING IS LIMITED
CALL TODAY 1.800.360.6157
van.vcad.ca

HP ePRINT

NOW, PRINT FROM VIRTUALLY ANYWHERE*

HP PHOTOSMART PREMIUM e-ALL-IN-ONE

Now, HP's new web connected printers with HP ePrint have a unique email address giving you the freedom to print from wherever life happens. No need to hook up to your PC. Welcome to the HP ePrint revolution.

Learn more at ***hp.ca/HPeprint*** *or visit Best Buy, Costco, Future Shop, London Drugs, Staples, The Source, Wal-Mart or hpshopping.ca*

HIT **PRINT**
BRILLIANTLY

© 2011 Hewlett-Packard Development Company, L.P. *Requires an Internet connection to the printer. Feature works with any connected internet- and email-capable device. Print times may vary. For a list of supported documents and image types, see www.hp.ca/eprintercentre.

CRIME

VPD looks to phones for help

The Vancouver Police Department is enlisting Quick Response (QR) smartphone technology in an effort to bring a serial sex attacker to justice.

Police have placed a poster with a QR code — a square barcode that can be read by most smartphones — inside women's bathroom stalls in nightclubs along the Granville Entertainment District, where the attacker has found his victims. The code directs phones to a web page with images and information about the suspect.

The suspect is a tanned or olive-skinned man in his 20s or 30s with dark hair.

DAVID PROCTOR

BCCLA wants RCMP out of yards

The B.C. Civil Liberties Association has sent a letter of complaint to the RCMP over reports that officers in Nanaimo have been entering private backyards without warrants or permission while training police dogs.

DAVID PROCTOR

Premier's trip criticized

B.C. Conservative Leader John Cummins attacked a lobbying trip to Ottawa by Premier Christy Clark as "nothing more than an expensive photo-op" yesterday. Clark is in Ottawa to promote a bid by B.C.'s Seaspan to secure navy and coast guard shipbuilding contracts.

DAVID PROCTOR

Friends plan rally for student blinded in attack

Rumana Monzur's assault is national news in Bangladesh

Friends of a University of British Columbia student whose husband is accused of gouging out her eyes when she returned to Bangladesh this month are using the horrific case to fight domestic violence.

Rumana Monzur, a 33-year-old Fulbright scholar and graduate student in political science, was taking a break from her studies and had returned to Dhaka to visit family when she was attacked on June 5.

The attack has prompted a rally planned for this Sunday outside the Vancouver Art Gallery to protest violence against women.

"We're trying to have numbers and a public presence just to raise awareness about what had happened," said Elena Cirkovic, a PhD graduate who became friends with Monzur at UBC's St. John's College.

"This tragic occasion is a poignant marker of the need to work to protect the fundamental human right of all women to pursue education."
STEPHEN TOOPE, UBC PRESIDENT

"She was a member of the UBC community, a student, and also this will generally raise some awareness about domestic violence."

Monzur's ordeal has become a rallying point for those fighting violence against women, in her own country and abroad.

UBC president Stephen Toope said in a statement posted online that Indian doctors have assessed Monzur's eye injuries and concluded no further treatment is possible. She is now permanently blind.

He said Monzur is recovering with her family in Dhaka. THE CANADIAN PRESS

FACEBOOK.COM

▶ Rumana Monzur, a UBC graduate student, was blinded after her husband allegedly gouged out her eyes in Bangladesh.

Weight Loss Simplified!

Look and feel your best! Whatever your weight loss goal, the PROVEN RESULTS Weight Loss Plan by Renew Life will get you there, once and for all.

Burn Fat • Balance Blood Sugar • Increase Lean Muscle Mass • Enhance Elimination

PROVEN RESULTS WEIGHT LOSS PLAN

Day 1 to 14
Take DietSTART daily as directed. This 14 day kit will help your body to burn fat and release excess water and waste. You can lose 2-10 lbs in 2 weeks!

Day 15 to GOAL!
After completing DietSTART, switch to SIMPLY TRIM until you reach your desired weight. Just two capsules of SIMPLY TRIM a day will turn your body into a natural fat burning machine, helping you lose weight and reshape your body.

Visit in-store for your free copy of the "Proven Weight Loss Results" booklet

Accelerated Weight Loss
To take your weight loss results to the next level, replace one meal per day with a FitSMART Shake. Each shake provides 20 grams of protein, 10 grams of fibre and loads of nutrition. FitSMART Shakes are a simple and satisfying way to lower calories and enhance weight loss results.

RENEW LIFE PRODUCTS ARE AVAILABLE AT YOUR LOCAL HEALTH FOOD STORE

TO FIND A HEALTH FOOD STORE NEAR YOU CALL 1-800-485-0960 EXT 3 OR VISIT WWW.RENEWLIFE.CA

Receive $2.00 OFF your purchase of ANY* Renew Life Product

HURRY IN! ONLY 3 DAYS LEFT

KIA

4-DAY CASH BONUS SALE

4 DAYS ONLY! JUNE 22–25

ON ALL NEW 2011/2012 IN-STOCK VEHICLES

PLUS AN ADDITIONAL $500 TO

$750 CASH BONUS[5]

0% FINANCING AVAILABLE ON ALL 2011 MODELS**

PAY UNTIL FALL ON SELECT MODELS*

ALL VEHICLES INCLUDE:

- MP3/USB INPUT
- BLUETOOTH® CONNECTIVITY**

PLUS $500 CASH BONUS

Rondo EX-V6 Luxury shown

2011 KIA RONDO

WAS ~~$21,645~~

NOW GET UP TO $5,000 IN CASH SAVINGS[4]

Includes $750 Loyalty Bonus* and $4,250 Cash Credit*

CASH PURCHASE PRICE FROM $16,645[6]

Includes delivery and destination.

HWY: 5.7L/100KM (38 MPG)
CITY: 10.6L/100KM (27 MPG)

PLUS $500 CASH BONUS

TOP SAFETY PICK 2011

Forte SX shown

2011 KIA FORTE

OWN IT FROM $97* AT 1.49% LOAN APR

bi-weekly for 60 months amortized over 84 months. $4,950 remaining balance. Includes delivery and destination.

$0 DOWN PAYMENT PLUS PAY UNTIL FALL*

HWY: 5.7L/100KM (50 MPG)
CITY: 8.1L/100KM (35 MPG)

PLUS $750 CASH BONUS

TOP SAFETY PICK 2011

MOTORING 2011 CAR OF THE YEAR

Sportage EX Luxury shown

2011 KIA SPORTAGE

WAS ~~$23,645~~

NOW GET UP TO $2,000 IN CASH SAVINGS[4]

CASH PURCHASE PRICE FROM $21,645[6]

Includes delivery and destination.

HWY: 6.9L/100KM (41 MPG)
CITY: 10.0L/100KM (28 MPG)

5 Year Warranty[1]

WE'VE GOT YOU COVERED

- *5-year/100,000 km worry-free comprehensive warranty
- *5-year/100,000 km powertrain warranty
- *5-year/100,000 km extra care roadside assistance
- *no deductible charge

Visit kia.ca to learn more.
Making informed decisions – that's how we can all drive change.

Follow us on

KIA MEMBER REWARDS

Earn points towards future discounts. It's **FREE** and it's incredibly rewarding.

KIA

Offer(s) available on all new 2011 models through participating dealers to qualified customers who take delivery by June 30, 2011. Dealers may sell for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicle images shown may include optional accessories and upgrades. **0% purchase financing is available on all 2011 Kia models on approved credit (OAC). Terms vary by model and trim, see dealer for details. Representative financing example based on 2011 Kia Forte5 with a selling price of $18,130, financed at 0% APR for 60 months, includes delivery and destination fees of $1,425, other fees and certain taxes (including tire levies and air conditioning tax, where applicable). Monthly payments equal $302.20 with a down payment or trade-in value of $0. Cost of borrowing is $0, for a total obligation of $18,130. Other taxes, registration, insurance, licensing, PPSA ($59) and dealer fees are excluded. Retailer may sell for less. See dealer for full details. †"Don't Pay Until Fall" on select models (120-day payment deferral) applies to purchase financing offers on all models on approved credit (OAC). 2011 Sportage/Sorento/Borrego/Sedona excluded). No interest will accrue during the first 90 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. ^Cash purchase price for 2011 Sportage LX 5-Spd (Rondo RN75B) is $21,645/$16,645 and includes a cash credit of $2,000/$1,000/$1,000 including $1,000 cash credit, $250 dealer participation and $750 Loyalty Bonus; and delivery and destination fees of $1,650, based on an MSRP of $23,645/$17,645. Other taxes, registration, insurance, licensing, PPSA ($59) and dealer fees are excluded. Available at participating dealers. ^^Bi-weekly finance payment for 2011 Forte Sedan ($97/488 and FE14RD) based on an MSRP of $17,050 a $97 with an APR of 1.49% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of $4,950 plus applicable taxes due at end of 60-month period. Offer includes delivery and destination fees of $1,675, and a $750 loan credit. ^^$500 to $750 bonus cash available for all qualified customers who purchase and take delivery of a 2011 Kia model between June 22-25, 2011. $750 bonus cash available on all 2011 or 2012 Sportage/Sorento models and includes $250 dealer participation. $500 bonus cash available on all other 2011 or 2012 Kia models and includes $250 dealer participation. Bonus cash is deducted from negotiated price before taxes. Offer available at participating dealers on in-stock vehicles only. ‡Loyalty Bonus offer available on 2011 Kia Rondo models at a value of $750 for current Kia owners. Towards the purchase or lease of a new 2011 Rondo. Offer applicable to cash purchase, lease and purchase financing only before June 30, 2011. Offer is transferable within same household only (must provide proof of address). Limit of one bonus per customer or household. Certain restrictions apply. See dealer for details. All offers exclude licensing, registration, insurance, other taxes, down payment and dealer administration fees. Other dealer charges may be required at the time of purchase. Other lease and financing options also available. Dealers are free to set individual prices. Prices subject to change without notice. Certain restrictions may apply. ‡ Highway/city fuel consumption of these vehicles may vary. These estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the Government of Canada publication EnerGuide Fuel Consumption Guide. ^ 2011 Kia Sportage/2010 Kia Forte Sedan awarded the Top Safety Pick for the Insurance Institute for Highway Safety. This award is applicable to all 2011 Sportage models manufactured after March 2010. Visit www.iihs.org for full details. ◊ 2011 Kia Sportage awarded Car of the Year for Motoring 2011 Car Test; 2010/2011 Forte Sedan $40,000; and overall Car of the Year. Visit www.motoringbox.com for full details. "The Bluetooth® word mark and logo are registered trademarks and are owned by the Bluetooth SIG, Inc. Some conditions apply to the $500 Kia Loyalty Program and $750 Kia Mobility Program. See dealer for details. Information in this advertisement is believed to be accurate at the time of print. For more information or in case of a discrepancy between this ad and your dealer's offer, please contact us at 1-877-542-2886. Kia Canada is the official automotive sponsor of Mothers Against Drunk Driving (MADD Canada). KIA is a trademark of Kia Motors Corporation.

500 Cash Bonus

Kia Mobility Program

CERTIFIED PRE-OWNED

Proud Partner MADD Mothers Against Drunk Driving / Les mères contre l'alcool au volant

‘You’re my woman now’

Found on a Moncton street, she tells court of her abduction

A New Brunswick woman who disappeared for 26 days last year after leaving a shopping mall says the man accused of abducting her did so at knifepoint, threatened to kill her and later told her, “You’re my woman now.”

The 55-year-old woman testified yesterday at the trial of Romeo Cormier that she left the Moncton mall where she worked shortly after 8 p.m. on Feb. 26, 2010, when she bumped into the man and apologized.

She said the man — whom she identified in court as Cormier — grabbed her and she saw a knife coming at her face, so she put her hand up and was cut across three knuckles.

“I thought I was being robbed,” said the woman, who cannot be identified because of a publication ban.

She told the jury that they got to a rooming house and she was led to a basement room.

The woman told the court she was sexually assaulted almost every day that she was held in the basement. She escaped when he left the house to go to a food bank.

Cormier, who is 63, has pleaded not guilty to kidnapping, forcible confinement, sexual assault, assault with a weapon, theft and uttering death threats.

THE CANADIAN PRESS

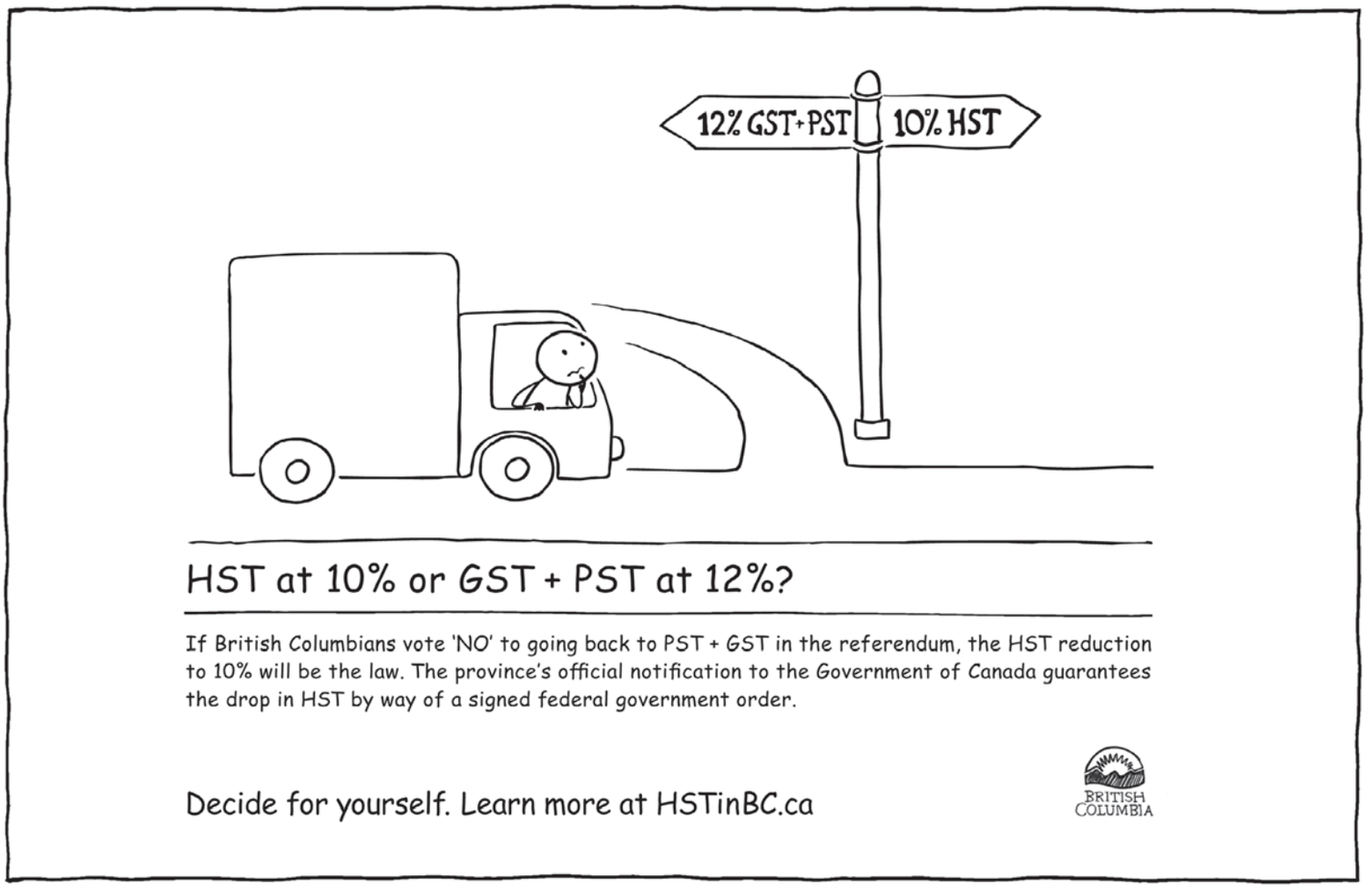
Yemen. Conflagration

▶ A Yemeni soldier shouts slogans as he’s lifted into the air by anti-government protesters in Sana’a, Yemen, yesterday — the day 60 suspected militants tunnelled their way to freedom.

HANI MOHAMMED/THE ASSOCIATED PRESS

Mass jailbreak fuels chaos

Chaos in Yemen deepened yesterday as nearly 60 suspected al-Qaida militants tunnelled their way out of a prison in the lawless south. Much of Yemen has been paralyzed by massive protests demanding the ouster of longtime leader Ali Abdullah Saleh. He was wounded in an attack this month and his departure for treatment in Saudi Arabia has failed to quell the unrest.


12% GST+PST
10% HST
HST at 10% or GST + PST at 12%?
If British Columbians vote ‘NO’ to going back to PST + GST in the referendum, the HST reduction to 10% will be the law. The province’s official notification to the Government of Canada guarantees the drop in HST by way of a signed federal government order.
Decide for yourself. Learn more at HSTinBC.ca
BRITISH COLUMBIA

Introducing Venus®
PRO SKIN
MOISTURERICH™
Designed with shave gel bars, enhanced with a triple blend of body butters for comfort. They help protect your skin with every close stroke. Leaving you with beautiful smooth skin that is free of worries. And your goddess free to be.
"BEAUTIFUL SKIN
NEEDS PROTECTION."
– Jennifer Lopez
Venus
PRO SKIN
Venus®
REVEAL THE GODDESS IN YOU.®
www.GilletteVenus.ca

GEOFF ROBINS/THECANADIANPRESS

▶ Former U.S. vice-president Al Gore's work on the climate problem has earned him a Nobel Prize and was highlighted in an Oscar-winning documentary.

Gore scolds president

Says 'bold action' has yet to be emphasized in global warming crisis

Former U.S. vice-president Al Gore is doing what few environmentalists and fellow Democrats have done before: criticizing President Barack Obama's record on global warming.

In a 7,000-word essay for Rolling Stone magazine that was posted online yesterday, Gore says Obama has failed to stand up for "bold action" and has made little progress on the problem since he took over from Republican President George W. Bush. Bush infuriated environmentalists by resisting mandatory controls on the pollution blamed for climate change, despite overwhelming scientific evidence that the burning of fossil fuels is responsible.

Gore does credit Obama's political appointees with making hundreds of changes that have helped move the country "forward slightly" on the climate issue, but says the president "has simply not made the case for action." He is the second Clinton administration official this month to express disappointment with Obama on environmental issues. Former interior secretary Bruce Babbitt, in a speech in early June, said Obama had yet to take up the "mantle of land and water conservation ... in a significant way."

"Obama has never presented to the American people the magnitude of the climate crisis," Gore says. "He has not defended the science against the ongoing withering and dishonest attacks."

THE ASSOCIATED PRESS

MEMBERS GET

SMARTPHONES FROM $0.

Get a $0 smartphone and unlimited talk and text with no term contracts.

GIFT CARD OR IN-STORE CREDIT $100 ON SELECT SMARTPHONES

Samsung GALAXY 550™

$0

htc Legend™

$0

FOR JUST $35/mo. YOU GET:

- UNLIMITED local talk with no zone restrictions
- UNLIMITED Canada, US, and International text messaging
- Member Benefits from day 1
- PLUS add social networking for as low as $10/mo.
- Get it all with no term contracts

virginmobile.ca/super

DEMAND THE VIRGIN MOBILE SUPERTAB virginmobile.ca/demand

Shop for these hot smartphones at a Virgin Mobile store or retailer.

Some phone models and colours may not be available at retailers. Limited time offer.

Virgin mobile

IT'S BETTER TO BE A MEMBER

Virgin mobile · THE SOURCE · FUTURE SHOP · Walmart · BEST BUY · LONDON DRUGS · Visions ELECTRONICS · WIRELESSWAVE · booth wireless · WIRELESS etc... · COSTCO WHOLESALE

All pricing and plans are subject to change without notice. Cannot be combined with any other offers unless otherwise indicated. Prices require activation on the Virgin Mobile SuperTab™. For the full details go to virginmobile.ca/super. Taxes extra. Retailers may sell for less. A one-time Activation Charge applies for each phone. "Virgin Mobile" and the Virgin Mobile logo are trademarks of Virgin Enterprises Ltd. and used under license by Virgin Mobile Canada. Samsung Galaxy 550™ is a trademark of Samsung Electronics Co. Ltd., used under license. Facebook is a registered trademark of Facebook Inc. All other trademarks are the property of their respective owners and used with permission.

RBC Royal Bank®

TODAY I CAN
GET ADVICE ABOUT
MANAGING MY FINANCES
RBC Advice Centre.com

Advice you can bank on™

Content provided for general information purposes only and is not intended as personal advice For personal advice, please contact your nearest RBC location to be put in touch with the right RBC advisor for your needs. ® Registered trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ™ Trademarks of Royal Bank of Canada.

Tories make secret Afghan docs public

Release some 4,000 pages Conservatives say review is done Opposition MPs say the job is far from over

Federal officials worried that one of the first waves of documentation about Canada's activities in Afghanistan would reveal a disconnect between the harsh reality on the ground and a rosier message given to the Canadian public.

A newly released 2007 memo to the foreign affairs minister raised a flag about records that would be disclosed in a Federal Court case being waged by human rights groups concerned about the treatment of Afghan prisoners.

"A challenge will be managing the suggestion that the content of material released is inconsistent with government of Canada messaging," says the Nov. 14, 2007, memo tabled yesterday in Parliament.

SEAN KILPATRICK/THECANADIAN PRESS

Foreign Affairs Minster John Baird, right, and Defence Minister Peter MacKay speak to reporters in Ottawa yesterday.

"Cumulatively the documents leave one with the impression of a (redacted) flawed Afghan judicial system and of detention facilities that fall well below UN standards," the memo states.

In particular, officials felt some materials entered into the court record may leave the impression that Canada should have known "there was the potential for mistreatment of detainees."

The candid memo was originally classified secret. The 362 documents represent a massive trove that revived long-dormant questions about whether Canadians knew the prisoners they handed over might be tortured in Afghan jails.

Another revelation from an initial review of the documents: An August 2007 dispatch said the "detainees issue needs to be resolved."

THE CANADIAN PRESS

U.S. sets Afghan exit strategy

Beginning to wind down a long and devastating war, U.S. President Barack Obama announced last night that he will pull 33,000 troops from Afghanistan by next summer, withdrawing the "surge" of forces he had sent. Said Obama to a country eager for an exit: "The tide of war is receding."

Ten thousand troops will leave by the end of this year — fulfilling Obama's promise. Almost 70,000 will remain, leaving at a steady pace until the expected end of the transition in 2014, though a sizable number may remain in a different role.

THE ASSOCIATED PRESS

1,500 At least 1,500 U.S. military members have died since the start of the 2001 invasion.

mobilicity™

National Break Your Wireless Contract Day

$200 when you transfer your wireless number to Mobilicity. One day only. Saturday, June 25th.

Use this $200 credit towards mobile freedom.
Visit your local Mobilicity store and switch today.

Switch to Mobilicity today.

Mobilicity urges customers to terminate any contract only with knowledge of and in accordance with any applicable contractual terms. $200 credit is provided to customer's My Wallet™ account, in equal installments of $40 per month for 5 months, when customer transfers his/her number on a new activation, and may not be redeemed for cash and contain no cash value. Taxes are extra. Limited time offer. Offer valid only at participating locations here listed. Restrictions may apply on combining offers with other offers or promotions and only applicable to new activations. Terms and conditions apply. Subject to change without notice.© 2011 Mobilicity. 'Mobilicity' and the Mobilicity logo are trademarks of Mobilicity. Other trademarks shown may be held by their respective owners. All rights reserved.

mobilicity™
mobilicity.ca

Mobilicity Stores

Burnaby
Station Square, Unit 139
Crystal Mall, Unit 1639
Coquitlam
562 Clarke Rd, Unit E (at Como Lake)
Delta
8673 - 120th St, Unit B
Scottsdale Centre
New Westminster
555 6th St, Unit 135, (Westminster Centre)
1015 Columbia St, Unit 102
Richmond
8180 No 2 Rd, Unit 128
Aberdeen Mall
Admiralty Centre
Lansdowne Mall
Presidents Plaza
Surrey
15122 - 72nd Ave, Unit 110
Central City Mall
18640 Fraser Hwy, Unit 103
10255 King George Blvd
Guildford Place
Payal Business Centre
Vancouver
1641 Commercial Dr, Unit 105
568 Dunsmuir St
2390 East Hastings St
6330 Fraser St, Unit 105
8520 Granville St
1463 Kingsway Ave
3081 Main St
768 Robson St
526 West Broadway
Broadway & Commercial Skytrain Station
Harbour Centre
Tinseltown

Authorized Dealers

Burnaby
Mobo Electronics
1899 Rosser Ave
Aproman
4501 North Rd
Coquitlam
Fone Eleven
Coquitlam Centre
New Westminster
MVP Electronics
807 Carnarvon St
North Vancouver
Wireless Accessories
Capilano Mall
Port Moody
iBay Communications
2929 St. John St
Surrey
Fone Eleven
Guilford Town Centre
Inside PricePro
6911 King George Hwy
Golden Wireless & Video
15299 - 68th Ave
Golden Wireless & Video
589 128th St
City Zone Mobile
15277 - 100th Ave
Xcellent Wireless
9200 - 120th St
Golden Star Video & Gifts
9369 -120th St
Vancouver
Vancell Pairs
3292 E29th St
Voyco Communications
740 East Broadway
Leading Age Computers
3399 Kingsway

Mobilicity In-Store Kiosk at Money Mart
Vancouver
1195 Davie St
952 Granville St
2595 Commercial Dr
902 Commercial Dr
New Westminster
329-389 Columbia St
Port Coquitlam
2831 Shaughnessy St

EMPLOYEE PRICING

SHARE OUR PRIDE
SHARE OUR PRICE^

WITH UP TO **$12,000*** IN PRICE ADJUSTMENTS
2011 F-250 Super Cab 4x4 Diesel amount shown

+ ONLY UNTIL JUNE 30TH **$1,000†** COSTCO WHOLESALE FOR ELIGIBLE COSTCO MEMBERS

2011 **ESCAPE** XLT I4 FWD AUTO

CANADA'S BEST SELLING COMPACT SUV‡

$21,258*
Includes $1,550 freight and air tax.

Share our Employee Price

Employee Price Adjustment	$1,891*
Delivery Allowance	$3,000*
Costco Incentive (for eligible members)	$1,000†
Total Eligible Price Adjustment	**$5,891***

7.1L/100km **40MPG** HWY**
10L/100km **28MPG** CITY**

· DURATEC 2.5L 4-CYLINDER ENGINE · 6-SPEED AUTOMATIC TRANSMISSION
· 16 INCH CAST-ALUMINUM WHEELS · ADVANCETRAC® WITH RSC® (ROLL STABILITY CONTROL™)

2011 **F-150** SUPER CAB XLT 4X2

AVAILABLE BEST IN CLASS FUEL ECONOMY▼ NON-HYBRID MODELS

$24,828*
Includes $1,550 freight and air tax.

Share our Employee Price

Employee Price Adjustment	$3,621*
Delivery Allowance	$5,500*
Costco Incentive (for eligible members)	$1,000†
Total Eligible Price Adjustment	**$10,121***

· 3.7L V6 ENGINE · 6-SPEED AUTOMATIC TRANSMISSION WITH TOW/HAUL MODE
· ADVANCETRAC® WITH RSC® (ROLL STABILITY CONTROL™) · 17 INCH MACHINE ALUMINUM WHEELS

8.9L/100km **32MPG** HWY**
12.9L/100km **22MPG** CITY**

2012 **FOCUS** SE SEDAN MANUAL

DELIVERS AN IMPRESSIVE 59 MPG** WITH SFE ONLY

$18,269*
Includes $1,550 freight and air tax.

Share our Employee Price

Employee Price Adjustment	$1,280*
Delivery Allowance	$1,000*
Total Eligible Price Adjustment	**$2,280***

5.5L/100km **51MPG** HWY**
7.8L/100km **36MPG** CITY**

· 2.0L 4 CYLINDER ENGINE · 5-SPEED MANUAL TRANSMISSION
· ADVANCETRAC® ESC (ELECTRONIC STABILITY CONTROL) · MYKEY® OWNER CONTROLS

Get your employee price today, only at your BC Ford store.

Drive one.
bcford.ca

WISE BUYERS READ THE LEGAL COPY: Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. ^Employee Pricing ("Employee Pricing") is available from June 16/11 to August 31/11 (the "Program Period") on the purchase or lease of most new 2011/2012 Ford/Lincoln vehicles (excluding all chassis cab and cutaway body models, F-150 Raptor and Mustang BOSS 302). Employee Pricing refers to A-Plan pricing ordinarily available to Ford employees (excluding any CAW negotiated program or other periodic employee special offer). The new vehicle must be delivered or factory ordered during the Program Period from your participating Ford Dealer. This offer can be used in conjunction with most retail consumer offers made available by Ford at either the time of factory order or delivery, but not both. Employee Pricing is not combinable with, CPA, GPC, CHP, Daily Rental Allowance, A/X/Z/D/F-Plan and A/Z-Plan Loyalty program incentives. *Purchase a new 2011 Escape XLT I4 FWD Auto/2011 F-150 Super Cab XLT 4X2/2012 Focus SE Sedan Manual for $21,258/$24,828/$18,269 after Total Eligible Price Adjustments of $5,891/$10,121/$2,280 deducted (Total Eligible Price Adjustment is a combination of Employee Price adjustment of $1,891/$3,621/$1,280 and Delivery Allowance of $3,000/$5,500/$1,000 and Eligible Costco Incentive of $1,000/$1,000/$0. Taxes payable on full amount of purchase price after Total Eligible Price Adjustment has been deducted. Offers include freight and air tax of $1,550/$1,550/$1,550 but exclude variable charges of license, fuel fill charge, insurance, registration, PPSA, administration fees, any environmental charges or fees, and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. Delivery Allowances can be used in conjunction with most retail consumer offers made available by Ford of Canada at either the time of factory order or delivery, but not both. Delivery Allowances are not combinable with any fleet consumer incentives. †Offer only valid from April 1, 2011 to June 30, 2011 (the "Offer Period") to resident Canadians with a Canadian Costco membership on or before March 31, 2011. Use this $1,000CDN Costco member offer towards the purchase or lease of a new 2011/2012 Ford/Lincoln vehicle (excluding Fiesta, Focus, Ranger, Raptor, GT500, Mustang Boss 302 & Medium Truck) (each an "Eligible Vehicle"). The new vehicle must be delivered and/or factory-ordered from your participating Ford/Lincoln dealer within the Offer Period. Offer is only valid at participating dealers, is subject to vehicle availability, and may be cancelled or changed at any time without notice. Only one (1) offer may be applied towards the purchase or lease of one (1) Eligible Vehicle, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is transferable to persons domiciled with an eligible Costco member. This offer can be used in conjunction with most retail consumer offers made available by Ford Motor Company of Canada at either the time of factory order (if ordered within the Offer Period) or delivery, but not both. Offer is not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). Applicable taxes calculated before $1,000CDN offer is deducted. Dealer may sell or lease for less. Limited time offer, see dealer for details or call the Ford Customer Relationship Centre at 1-800-565-3673. ©2011 Ford Motor Company of Canada, Limited. All rights reserved. ‡Based on R.L. Polk Canada, Inc. vehicle registrations data, YTD December 2010. Class is small utility. ▼Class is Full-Size Pickups under 8,500 lbs. GVWR, non-hybrid. Estimated fuel consumption ratings for the 2011 F-150 4X2 3.7L V6 SST: 12.8L/100km city and 8.9L/100km hwy based on Transport Canada approved test methods. Actual fuel consumption may vary based on road conditions, vehicle loading and driving habits. **Estimated fuel consumption ratings for the 2011 Escape FWD 2.5L I4 5-speed Automatic transmission (10L/100km (28MPG) City, 7.1L/100km (40MPG) Hwy) / 2011 F-150 4X2 3.7L V6 6-speed Automatic transmission: (12.9L/100km (22MPG) City, 8.9L/100km (32MPG) Hwy) / 2012 Focus SFE 2.0L I4 6-speed Automatic transmission: (12L/100km (39MPG) City, 4.8L/100km (59MPG) Hwy) and 2012 Focus 2.0L I4 5-speed Manual transmission (model priced): (7.8L/100km (36MPG) City, 5.5L/100km (51MPG) Hwy). Fuel consumption ratings based on Transport Canada approved test methods. Actual fuel consumption may vary based on road conditions, vehicle loading and driving habits.

RBC Royal Bank®

TODAY I CAN
GET THE ADVICE I NEED
TO SET UP AN EMERGENCY FUND

RBC Advice Centre.com

Advice you can bank on™

Content provided for general information purposes only and is not intended as personal advice. For personal advice, please contact your nearest RBC location to be put in touch with the right RBC advisor for your needs. ® Registered trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ™ Trademarks of Royal Bank of Canada.

Experts warn junk threatens satellites

Space trash: Conference hears how man-made debris is making a mess
NASA, ESA outline massive threats to satellites at Quebec conference

There are 19,000 pieces of space debris, larger than the size of a baseball, floating above the Earth and they're threatening Canadian satellites that provide valuable information.

The space junk has even left dents on the International Space Station, where astronauts have also ended up with cuts on their space gloves.

The threats caused by the debris are the focus of a two-day international conference held at the Canadian Space Agency, near Montreal.

A key official with the space agency is worried that several vital satellites could be hit by the space debris and knocked out of operation.

Dave Kendall, the agency's director-general of space science and technology, has been keeping an eye on two RADARSAT satellites that provide information about ice-infested waters to shipping companies and national defence.

THE CANADIAN PRESS

NASA/GETTY IMAGES

▶ The International Space Station

NASA

Longueuil, Que., hosted the Inter-Agency Debris Co-ordination Committee.

▶ **Threats.** Officials from NASA and the European Space Agency were among those who made detailed presentations about the threats.

With a dual core, it's twice as nice.

LG Optimus 2X

Introducing the NEW LG Optimus 2X

- World's first dual core 1GHz processor
- 4-inch touch screen
- 8 MP camera/1080p camcorder
- Android 2.2 OS
- 8GB internal memory

$295 WITH YOUR WINDtab™

Smart Plan $25/mo Unlimited local talk + CA/US text† From any WIND Zone.

Add $10/mo. Unlimited data† Fair Usage Policy applies. From any WIND Zone.

The Power of Conversation™ WIND™ WINDmobile.ca

WIND STORES

BURNABY
Crystal Mall
4501 North Rd

NEW WESTMINSTER
948 12th St
NEW Queensborough Landing

RICHMOND
Aberdeen Centre
Richmond Centre Mall
Lansdowne Centre

VANCOUVER
116 Davie St
2228 W 4th Ave
3149 Kingsway
Cambie & Broadway
Tinseltown
2723 East Hastings St
Robson & Thurlow
NEW Kingsgate Mall
1007 Kingsway

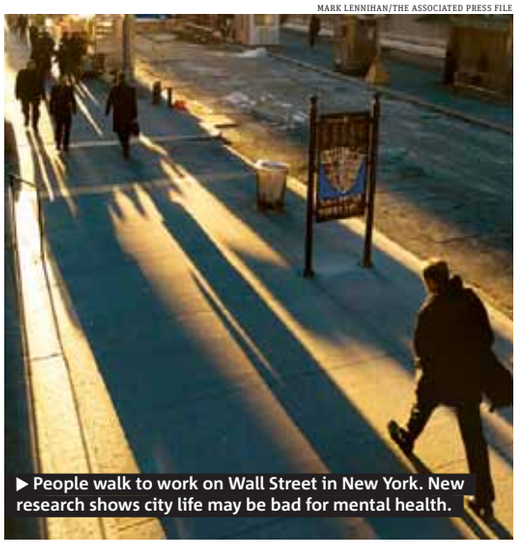
WEST VANCOUVER
Park Royal North

SURREY
Ravi Video 8334 128th St
Central City Mall
Guildford Town Centre
NEW 9536 120th St
NEW King George Hwy & 68th

LANGLEY
NEW Willowbrook Shopping Centre

†Conditions apply to all plans, add-ons and WINDtab™. Learn more at WINDmobile.ca. WINDtab™ is available at participating locations. All services subject to WIND's Terms of Service and are for personal use by an individual. Data services are subject to WIND's standard Fair Usage Policy and Internet Traffic Management Policy. WIND, WIND MOBILE and WINDtab are trademarks of Wind Telecommunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. THE POWER OF CONVERSATION is a trademark of Globalive Wireless Management Corporation. ©2011 WIND Mobile. LG and the LG logos are registered trademarks of LG Electronics and its affiliates. ©2011 LG Electronics. All rights reserved. All other trademarks are the property of their respective owners.

MARK LENNIHAN/THE ASSOCIATED PRESS FILE



▶ People walk to work on Wall Street in New York. New research shows city life may be bad for mental health.

City life may be hard on brain: Study

Research could help explain how urban living boosts risk of mental disorders like schizophrenia

This may come as no surprise to residents of big cities: Living there can be bad for your mental health.

Now researchers have found a possible reason why. Imaging scans show that in city dwellers or people who grew up in urban areas, certain areas of the brain react more vigorously to stress.

The volunteers scanned in the new study, published in today's issue of the journal Nature, were healthy, and experts said that while the city-rural differences in brain activity were intriguing, the results fall short of establishing a firm tie to mental illness.

The study, done by Central researchers from the Institute of Mental Health in Mannheim, Germany, and the Douglas Mental Health University Institute in Montreal, focused on how the brain reacts to stress caused by other people.

To do that, investigators had volunteers lie in a brain scanner and solve math problems. The volunteers expected easy problems, but they were in fact hard enough that each volunteer ended up getting most of them wrong.

While in the scanner, volunteers heard a researcher criticize their poor performance.

Volunteers from cities of more than 100,000 showed more activation of the amygdala, an area of the brain that reacts to threats in one's environment, than participants from towns of more than 10,000.

Those in turn showed more activation than people from rural areas.

THE ASSOCIATED PRESS

Saudis pledge $70M for housing

Saudi Arabia is contributing $70 million US for new housing units in the Gaza Strip, a UN agency that aids Palestinian refugees said yesterday. Israel has authorized construction of the 1,200 new homes and 18 badly needed schools in Gaza, in what would be one of the largest housing projects in the seaside territory in years.

Israel, which controls the cargo crossings into Gaza, has largely banned the entry of construction materials into the coastal strip since Hamas militants seized control in 2007. Israel withdrew from Gaza in 2005. THE ASSOCIATED PRESS

Fashion designer sorry for his anti-Semitism

Former Dior designer John Galliano testified yesterday that he remembers nothing about allegedly using anti-Semitic slurs at a Paris café due to his "triple addiction" to alcohol, barbiturates and sleeping pills. But he apologized for spouting an anti-Semitic diatribe in a separate incident captured in video. THE ASSOCIATED PRESS

MICHEL EULER/THE ASSOCIATED PRESS/FILE

▶ John Galliano

WagJag.com
DEAL OF THE DAY!
EURO CHARM
BUY FOR $115
$115 for 20 Units of Botox at Euro Charm Skincare and Body Clinic (a $240 value)
HIGHLIGHTS
• Eliminates fine lines and wrinkles
• Professional and caring staff
• Customized client approach
Regular Price: $240.00
You Save: $125.00
Discount:
52%
CURRENT DEALS
Sears
BUY FOR $49
$49 For A Furnace Inspection And Maintenance Package With Sears Indoor Clean Air Services (a $189 value)
HIGHLIGHTS
• Improve the air quality in your home
• Informed, experienced professionals
BUY FOR $95
Master the Art of Communication
$95 For 1-Day Intensive Communication Training with Allan Knight Plus Light Lunch and Free Guide Book (a $252 value)
HIGHLIGHTS
• Includes 1 ticket, a free guide book and a light lunch (sandwich and drink)
• Create instant rapport with anyone
• Master the skills of public speaking
• Develop a powerful elevator speech
• Inspire and influence people to take action
VISIT:
WagJag
Hurry to WagJag.com to purchase local deals before time runs out.
DON'T QUITE GET IT YET?
visit wagjag.com
FOLLOW US ON:

LONG DISTANCE:

Lowest Rates to the whole world...GUARANTEED

That's right! No Matter where you call, no matter what rate you pay...We'll beat it...GUARANTEED!

Lowest Rate Guarantee
100% Satisfaction

from 3.9 ¢/min	from 5.9 ¢/min	1.9 ¢/min	7.9 ¢/min
Bangladesh	Iran	Romania	Ukraine

Australia 1.9 ¢/min	Israel 1.9 ¢/min	South Korea 2.9 ¢/min
Bosnia 13.9 ¢/min	Italy 1.9 ¢/min	Sri Lanka 9.9 ¢/min
China 1.9 ¢/min	Lebanon 7.9 ¢/min	Trinidad 4.9 ¢/min
Colombia from 3.9 ¢/min	Mexico from 1.9 ¢/min	U.A.E 14.9 ¢/min
Cuba 89.9 ¢/min	Pakistan 5.9 ¢/min	U.K 2.9 ¢/min
El Salvador 9.9 ¢/min	Philippines 11.9 ¢/min	Vietnam 4.9 ¢/min
Germany 1.9 ¢/min	Poland 1.9 ¢/min	
India 2.9 ¢/min	Russia from 1.9 ¢/min	Serbia 7.9 ¢/min

If the country you call is not on this list or our advertised rates are higher than what you are currently paying... that's no problem. Call today and we'll beat what you're paying with your current provider... GUARANTEED!

1 Cent To India

Calling India at only 1 cent per minute. (Land and mobile included).

$10/month = 1000 Minutes per Month = 1¢

1¢/min

Unlimited Canada

Unlimited calling to anywhere in Canada. Available on your home or cell phone.

$5/month

Make long distance calls from your home or cell phone!

comwave®

www.comwave.ca

1-866-769-9601

Follow Us...

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. Rate guarantee is based on competitors lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. The India 1000 Bundle carries a monthly fee of $2.95. Bundles cannot be shared by more than one line. Unused minutes from one month do not carry over to the next month. Minutes in excess of 1000 minutes will be billed at our lowest rate guaranteed. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply, see www.comwave.net for details.

HOME PHONE LINE:

Unlimited Worldwide Calling to almost 60 countries

Including India

Sign Up Now & Get: RISK FREE TRIAL PERIOD

$29.95 /month

"I saved a fortune with Comwave and the quality is great!" Anna, Edmonton

✓ Unlimited Calling to Almost 60 Countries

✓ All Features FREE

- Voice Mail
- Call Forwarding
- Caller ID
- Call Waiting
- 3 Way Calling
- and more...

Limited Time Offer! Call Now & Get:

6 MONTHS FREE

comwave®

www.comwave.ca

1-866-769-9601

Follow Us...

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. The 6 Month Free Promotion and the rate of $29.95 is based on a 3YR term. You have a 30-Day Satisfaction Guaranteed period. If you are not 100% completely satisfied, you may terminate the service anytime within 30 days with no further obligation. You will receive 6 months free service if you transfer your phone number from your existing provider to Comwave in the first 30 days. Terms and conditions apply, see www.comwave.ca for details.

Amish man caught sexting

Police say man asked for nude photos and if girl wanted to 'make out' He sent five pictures and two videos to the girl's cellphone: Police

An Amish man who sent more than 600 text messages that included lewd images to a 12-year-old girl he randomly dialled was arrested when he arrived in his horse and buggy for what he thought was a meeting for sex, police said.

Willard Yoder, 26, faces four counts of child solicitation after being arrested June 15 in his hometown of Milroy, Ind., about 72 kilometres southeast of Indianapolis. A not guilty plea was entered on his behalf at his initial hearing Friday.

The Amish are a conservative Christian sect known for simple living, plain dress and a rejection of most technology.

Pennington said that after the girl started getting the texts, she turned her cellphone over to her mother, who acted as if she were the girl.

"The mother made sure this person understood that this girl was 12 years old," Pennington said.

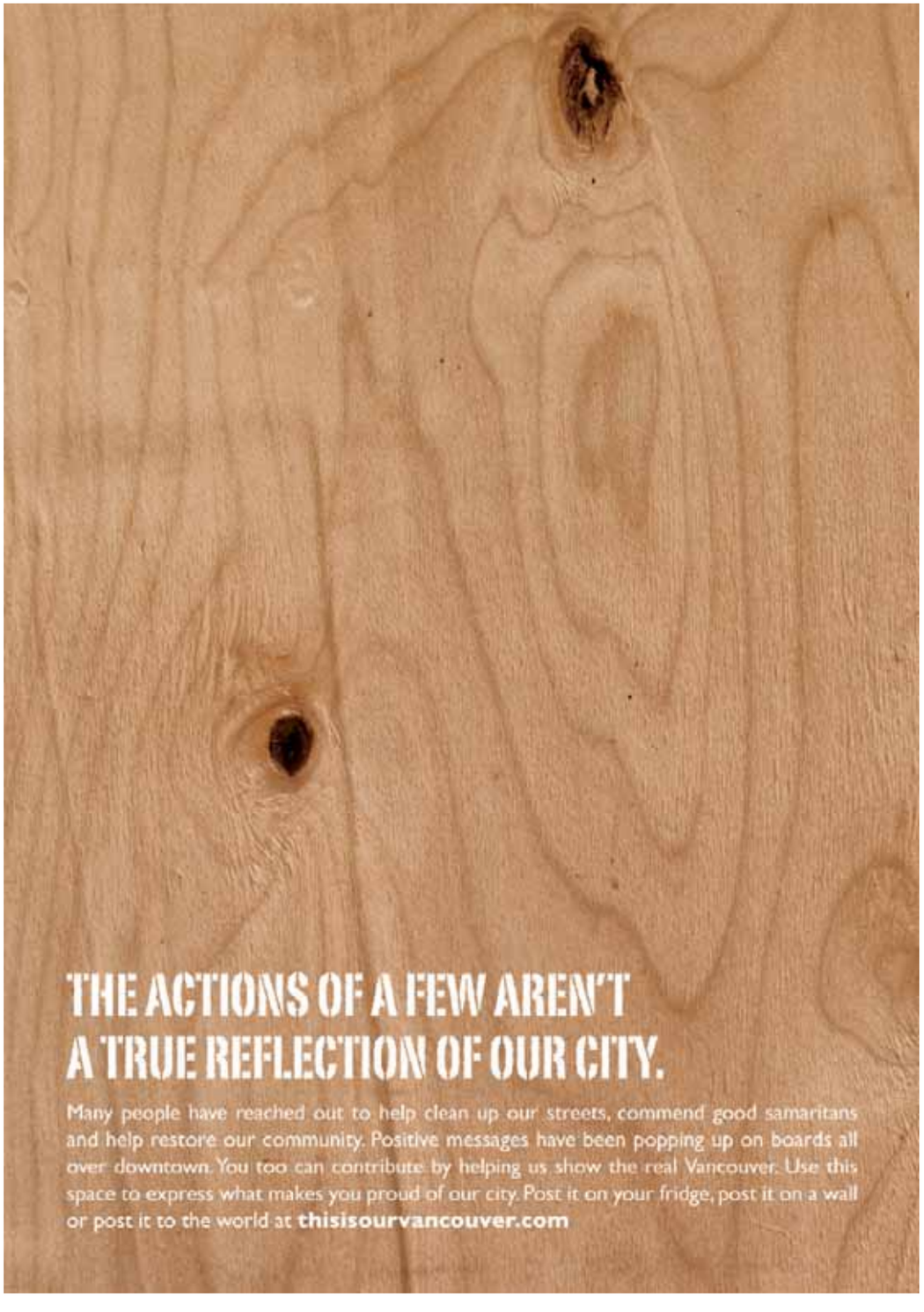
He said the man continued to send texts and the mother turned the cellphone over to police.

Yoder was released on a $20,000 bond on June 17. The horse and buggy were released to Yoder's family.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS HANDOUT

▶Willard Yoder


THE ACTIONS OF A FEW AREN'T
A TRUE REFLECTION OF OUR CITY.
Many people have reached out to help clean up our streets, commend good samaritans and help restore our community. Positive messages have been popping up on boards all over downtown. You too can contribute by helping us show the real Vancouver. Use this space to express what makes you proud of our city. Post it on your fridge, post it on a wall or post it to the world at thisisourvancouver.com

Youth. Activists

▶ A detained protester shows V-signs from a window of a police van in Minsk during a rally yesterday calling for change in the authoritarian nation of Belarus.

SERGEI GRITS/THE ASSOCIATED PRESS

Protests – on or off-line

For the third Wednesday in a row, thousands of young social media activists held banned rallies in cities and towns across Belarus, clapping their hands and stomping their feet. Agents of KGB, Belarus's security agency, detained hundreds during the protests, even though the youths did not shout protest slogans or display any banners.

More women challenge Saudi Arabia driving ban

A group supporting a campaign to end Saudi Arabia's male-only driving rules said two more women drove through the Saudi capital — and one even encountered an apparently sympathetic policeman.

The group, Saudi Women for Driving, said the women drove in Riyadh yesterday to challenge the restrictions in the ultraconservative kingdom.

Last Friday, more than 40 Saudi women got behind the wheel to launch the campaign.

One of the women joining the latest protest says she and her mother were spotted driving and were stopped after turning the wheel over to their male companion. Sara al-Khalidi says the policeman didn't seek to make an arrest and privately urged them to drive at night to avoid drawing attention.

THE ASSOCIATED PRESS

KLM to run planes on cooking oil

EU has told airlines to cut emissions by three per cent in 2012

Dutch airline KLM plans to use recycled cooking oil as biofuel to power flights to and from France in a move aimed at cutting carbon emissions.

In September, KLM will begin more than 200 biofuelled flights between Paris and Amsterdam, the company said yesterday.

Camiel Eurlings, KLM managing director, said the airline does not have to make changes to its aircraft engines to use the new biofuel. As well as reducing carbon emissions, the biofuel flights are intended to produce a "minimum negative impact on biodiversity and food supply."

Eurlings said he expects authorization to be granted soon for KLM's flights using the new fuel.

The European Union told airlines this year that they would have to cut carbon emissions on flights to the continent by three per cent in 2012.

Air travel is responsible for about three per cent of greenhouse gases, but the airlines' share of global emissions is rising rapidly.

THE ASSOCIATED PRESS

▶ A staff member of Sony Ericsson submerges the Xperia Active phone into a bowl of water yesterday. The water-resistant cellphone will be released this summer.

WONG MAYE-E/THE ASSOCIATED PRESS

Phone makes a splash

Canadians keen to pay mortgages: CMHC

Recent mortgage borrowers appear to be aware of the risks of taking on new debt and are anxious to pay it off quickly, a Canada Mortgage and Housing Corp. survey says.

The poll found that 75 per cent felt it was "very important" to pay off their mortgages as soon as possible, while 39 per cent had set payments higher than required. Another 20 per cent had made at least one lump sum payment since obtaining their mortgage.

The online survey of 3,512 recent participants tracked only those Canadians who refinanced, renewed or took out a mortgage over the past 12 months, a time when interest rates were at or near historic lows.

That has caused some anxiety among policy-makers, including Bank of Canada Governor Mark Carney, who has warned about the dangers of taking on too much debt.

THE CANADIAN PRESS

HST:
Aye OR Nay
Are you ready for the referendum?
FDI Financial Diagnostics Inc. is proud to present HST: Aye or Nay, a free internet resource and open forum that objectively explores both side of the "HST in BC" debate.
HST Referendum Countdown
001 Days
FINANCIAL DIAGNOSTICS INC
www.FDIFinancialDiagnostics.com
twitter
@FDIBryan
Get the facts and learn both sides at: www.HST-AyeorNay.ca

Back-to-work bill headed for debate

Talks between Canada Post and its union broke off last night as MPs prepared to deal with back-to-work legislation.

Canada Post says that despite 72 hours of negotiations it has not been able to reach an agreement with the Canadian Union of Postal Workers.

The union, meanwhile, says the Crown corporation refuses to budge on 10 demands for major rollbacks.

The House of Commons was expected to break for the summer today, but all parties say they're prepared to sit through the weekend to debate a bill that would send thousands of locked-out postal workers back on their routes.

The back-to-work bill contains several controversial measures, including lower wages than what Canada Post had been offering.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 49.19 (13,112.51)	- 0.08¢ (102.76¢ US)

Oil	Natural gas 1,000 cu ft
+ $1.33 ($95.50 US)	$4.348 US (- 4¢)

Gold contract $1,553.40 US (+ $7)

Metro, CBB team up on auto website

Metro has partnered with Canadian Black Book (CBB) to help readers buy, sell and determine the value of their vehicle with a few simple clicks.

Through Metro Drive online, readers can combine Metro's automotive stories and reviews with Canadian Black Book's interactive tools, giving them access to information on the trade-in value, average asking price and future value of cars and trucks manufactured since 1998.

Canadian Black Book has been providing dealers, insurance companies and banks with vehicle values for more than 50 years.

The company released some of its information and services to the public last year with the launch of the website canadianblackbook.com.

▶ CBB provides vehicle values for consumers.

The site has gotten more than three million hits since it launched in May 2010, said Brad Rome, vice-president of sales and marketing at Canadian Black Book.

"The Canadian Black Book automotive-value guides are familiar to most people who have ever considered buying a vehicle," said Jodi Brown, Metro Canada's marketing and interactive director.

"But until recently, while widely used by dealers, they have been somewhat out of reach to consumers."

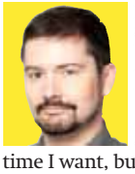
For more information go to metronews.ca/drive and click on your preferred Canadian city.

PHOEBE HO

DUST BUNNIES MAKE GOOD PETS, THOUGH

HE SAYS ...

JOHN MAZEROLLE
METRO



My parents are visiting soon, which is exciting because it means I have to clean my apartment.

That's an unprecedented opportunity. Like an athlete playing for a championship, this live-alone bachelor will stand with a wash bucket filled to the brim with determination and think, "Chances like this come but once in a lifetime."

You might assume that if I wanted my apartment to be clean I could fix it up any time I want, but it's not that simple.

First of all, my apartment gets messy without my knowledge. I'm not sure how it happens, but I'll leave the odd book lying around, a stray load of laundry, a whole roast chicken and — bam! — my apartment is messy.

It's not a big place, my apartment, but it has ninja skills and sneaks up on me.

An example: Just months ago, I had a typical bachelor fridge — one bottle of ketchup and a box of baking soda. But now, inexplicably, it's packed. Not with edible food, but with homemade Accidental Soup, newly created dried fruit, and products stamped with expiry dates that evoke nostalgia. I don't know which came first, but the chicken died of old age before these eggs were eaten.

"First of all, my apartment gets messy without my knowledge. I'm not sure how it happens, but I'll leave the odd book lying around, a stray load of laundry, a whole roast chicken and — bam! — my apartment is messy."

My second problem is that I'm a guy.

I don't know how many times women have warned me that their apartment is an "absolute mess." Then we step inside and there's an open magazine and half a glass of red wine. If I lay my eyes on either, they run over to remove it as if I had just discovered a human head.

Guys go through the absolute mess spiel, too, but we mean it. A glass and a magazine would not qualify. More likely we would consider that suitably sterile for a kidney transplant.

A bit messy might involve ketchup stains on the wall and chomped cigar bits on the floor. An absolute mess would involve livestock.

But here's the thing: I *want* my apartment to be clean. I often do clean, but it always seems to be at the surface level — the top third of the dirty clothes get washed over and over, while the bottom two-thirds are left only with unfulfilled dreams.

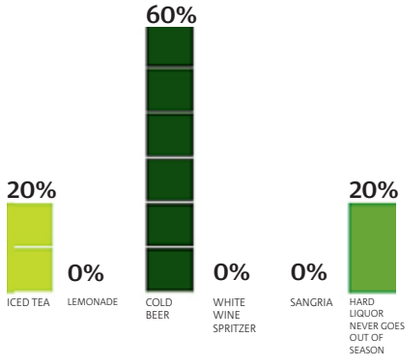
With my parents arriving soon, I finally have the driving force I need to see what lies at the bottom of the hamper. Unless my parents read this and decide to stay somewhere nicer, such as a gas station bathroom.

Don't show them this, please. I'm not ready to come clean just yet.

Read more of John Mazerolle's columns at metronews.ca/hesays

metro life panel **Register at metrolifepanel.ca and take the quick poll**

What's your favourite summer beverage?



Local tweets

- **@VanConventions:** RT @wrapzone: We love the patio @MahonyAndSons at the new convention centre. A must during this gorgeous #summer weather in #vancouver
- **@Brewski11:** Walking down Granville St 1 wk after the riots it's so peaceful & all I hear are people laughing and all I see is people smiling #Vancouver
- **@jimdecarle:** interesting note. City of Vancouver only has 1 person to police street vendors. His voicemail is full. Any cool new vendor ideas? #vancouver
- **@kristikenn:** Double Header CFL games! Can't wait to see if I spot my cheerleading friends on TV! #bclions #ticats
- **@MJStieb:** Me too #CFL #BCLions RT @natski83: It's a beautiful day for a @BCLions game. Looking forward to tonight!
- **@tiplady101:** Lions game tonight will kick off a great start to the summer #bclions
- **@marc_poirier:** Ready for some @BCLions football tonight. Already "Boo'd" at a Riders fan today. :) #CFL #BCLions

Worth mentioning

LONDON. A handgun once owned by gangster Al Capone sold for nearly $110,000 US yesterday at an auction in London.

The Colt .38 revolver was manufactured in 1929, the year of the St. Valentine's Day Massacre, when seven people were slain during clashes in Chicago between Capone's gang and a rival mob.

Auctioneer Christie's says the gun went for $109,080 US to an anonymous online bidder.

It was sold by an anonymous private collector along with a letter from Madeleine Capone Morichetti, the widow of Al Capone's brother Ralph, confirming the gun "previously belonged to and was only used by Al Capone while he was alive."

The sale price was at the upper end of the pre-sale estimate of between $80,000 and $113,000. It includes a buyer's premium.

New York-born mobster Alphonse (Al) Capone dominated the Chicago underworld during Prohibition until his 1931 arrest for tax evasion.

Capone died in 1947.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Little leadfoot just wanted to see his dad

A seven-year-old boy, barefoot and in pyjamas, drove a car for 30 kilometres, sometimes hitting speeds of 80 km/h, before finally slowing down and stopping with the help of authorities.

"He was crying and just kept saying he wanted to go to his dad's," Caseville, Mich., police Chief Jamie Learman said. "That was pretty much it. He just wanted to go to his dad's."

Police began looking for the Pontiac Sunfire around 10:15 a.m. Monday after someone called about a very young driver.

The boy was staying with his mother in Huron County's Sheridan Township, a rural area 180 kilometres north of Detroit. She had worked the night shift and was unaware her son and the car were gone.

The boy had hoped to drive to his father's home in Filion, also in northern Michigan. Police pulled him over in a 90 km/h zone in Caseville Township, some 25 kilometres to the west.

Learman told the Detroit Free Press he has seen drivers younger than 15, but not someone this young.

THE ASSOCIATED PRESS

metro
METRO VANCOUVER • #250 - 1190 Homer Street • Vancouver, BC • V6B 2X6 • T: 604-602-1002 • Fax:604-648-3222 • Advertising number: 604-602-1002 • metronews.ca/vancouver/advertise • metronews.ca/vancouver/contactus • **Publisher** Maryse Lalonde, **Managing Editor** Jeff Hodson, **Distribution Manager** George Acimovic • **METRO CANADA: President & Publisher** Bill McDonald, **Editor-in-Chief** Charlotte Empey, **National Deputy Editor** Fernando Carneiro, **Managing Editor, News and Business** Amber Shortt, **Scene/Life Editor** Dean Lisk, **Managing Editor, Night Production** Matt LaForge, **Associate Managing Editor, News and Business** Kristen Thompson, **Art Director** Laila Hakim, **Business Ventures Director** Tracy Day, **National Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

THE BOARDROOM BR SNOW • WAKE • SKATE • SURF
CANADA DAY SALE

HANDOUT

▶ Wynton Marsalis is one of the headliners at this year's Vancouver International Jazz Festival.

Up your jazz knowledge

1,800 musicians, 400 concerts, 40 venues — Vancouver's Jazz Festival is simply massive

BACKSTAGE PASS

GRAEME MCRANOR
METRO VANCOUVER

Trying to write about an event the size of the Vancouver International Jazz Festival in a spatially challenged column such as this is probably a fool's errand.

Still, we'd be remiss to neglect what is easily B.C.'s biggest and most-acclaimed music festival, considered by many jazz aficionados to be the best in the world.

The numbers are impressive: 1,800 musicians, 400 concerts, 40 venues.

"The Jazz Festival continues to be a magnet for music fans near and far," says media director John Orysik. "No other event offers the range of artistic diversity and top-tier talent.

"We've created a community of listeners with big ears who see no boundaries between Wynton Marsalis, Blonde Redhead and the Bad Plus.

"Our community is multi-cultural and continues to expand as the festival draws hundreds of thousands of people to our many indoor and outdoor stages."

And the best part? More than 100 festival concerts are free, including Gastown Jazz on opening weekend (June 24 to 25), Canada Day on Granville Island, and Jazz at the Roundhouse and David Lam Park on closing weekend, July 2 and 3.

Tough to whittle down a shortlist, but Orysik's don't-miss highlights this year include Trombone Shorty, Colin Stetson, Twin Shadow, the Lost Fingers and Paco de Lucia, a flamenco player who just happens to be one of the best guitarists on the planet.

The festival kicks off tomorrow and runs until July 3.

More information at coastaljazz.ca.

Hot concerts

▶ **Get loud.** Rihanna performs two shows at Rogers Arena tomorrow and Saturday night in support of her Loud album, with guests B.O.B and J. Cole. Tickets $19.75 – $99.75 at Livenation.com. Show starts at 7:30 p.m.

▶ **Get to the bard.** Well, summer's finally here, and that means Bard on the Beach, which runs until Sept. 24 at Vanier Park. This year includes As You Like It, The Merchant of Venice, Henry VI: The War of the Roses, and Richard III. More information at bardonthebeach.org.

Train produces wine for their fans

The Grammy-winning group Train has been making waves with its wine club, and now, the trio is taking the next step with its own wine.

Starting next week, fans will be able to buy Drops of Jupiter Petite Sirah wine from Train's online wine club and other outlets.

The name is a nod to one of Train's earlier hits, and is produced by the group's wine company, Save Me, San Francisco Wine Co., which takes its title from a Train album.

But Train guitarist Jimmy Stafford said the wine venture isn't an attempt to make a profit on the Train name — it's more about creating something special for fans.

"We're not really trying to get into the wine business or anything. It's really kind of helping to spread the name out there, and something for our fans," he said in a phone interview Tuesday.

Train, which won a Grammy Award this year for Hey, Soul Sister, has had an online wine club for a while.

The group promotes a wine of the month, has a blog and even an app. So, there is no question they know what they're doing when it comes to wine.

THE ASSOCIATED PRESS

2 scene

Draper cashes in

Don Draper is getting job security and a raise.
Jon Hamm, who plays 1960s advertising executive Draper on AMC's Mad Men, has signed a new contract with series studio Lionsgate Television Group. Hamm's publicist, Slate PR, said Tuesday that the deal keeps him with the show for three more years. The actor will receive a substantial raise for the upcoming fifth season. By the contract's final year, he'll earn more than $250,000 an episode, Variety.com reported, citing unidentified sources.

THE ASSOCIATED PRESS

Simple Plan's newest features collaborations with Weezer's Rivers Cuomo, K'naan

THE BOARDROOM BR SNOW · WAKE SKATE · SURF
CANADA DAY SALE ALL 2011 SUM

Izzard revs up the action in Cars 2

Comedian Eddie Izzard is no stranger to voice acting
Metro gets the goods on his busy, varied career

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

GETTY IMAGES

▶ Eddie Izzard

Eddie Izzard has quite the crowded business card these days: actor, stand-up comedian, political activist, marathon runner, avid Twitterer. And with Cars 2, he joins the ranks of Pixar voice actors as Miles Axelrod, a Range Rover-ish entrepreneur who's designed a new, environmentally-friendly fuel, Allinol.

The incredibly busy Mr. Izzard sat down with Metro just hours after arriving in L.A. from Paris, where he's doing a series of stand-up shows. In French.

With cars, you've mentioned your love of Minis and Volkswagens. Your first car was a Mini?
Yes, a blue one with the windscreen wipers that just stopped working on my way down to London. And I thought, "I'll drive on." Without windscreen wipers, in the rain.

And, if you've never tried that, you should try it. It's interesting. The light comes in and refracts. You have to punch the thing out like you're in a Schwarzenegger movie or something.

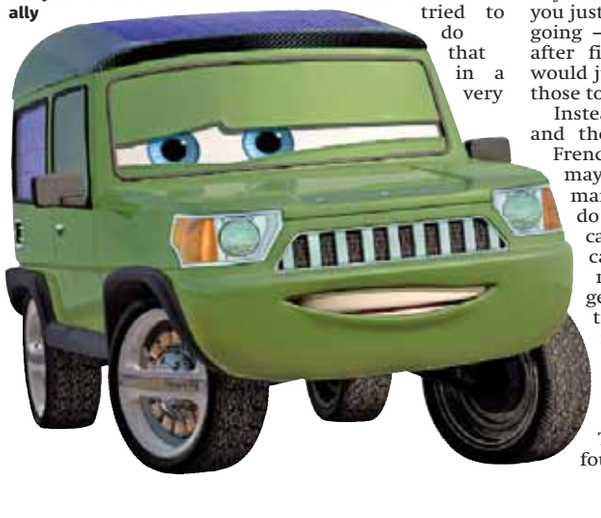
But you've never really considered yourself a big car person?
I do like cars, but I'm not a car nut. I always thought, "Well I'm doing OK, I've got a bit of money, let's get a stupid car, a crazy car." And I started hiring a few, and nothing really grabbed me.

I kept coming back to the Beetle or a Mini. Because they're kind of cool, and they didn't separate me. I wasn't saying, "Hey, look how good I'm doing."

But having said that, I'd go for any type of Jag, or an Aston Martin DB5 or 6 — there's a five and a six, and I keep looking at them going, "What's the difference?"

In this you're playing what looks like a Range Rover, though I guess we can't say that.
Yes, we can't say that, can we? I'm playing Sir Miles Axelrod, the ... am I a millionaire or a billionaire? I can't remember.

All the positive side of Miles Axelrod has something Richard Branson-esque — or me-esque, because I was at some point studying accounting and financial management. And I am someone that, I suppose ... I have been taking my comedy around the world, and I've tried to do that in a very positive way.



You've definitely become something of a do-gooder in real life.
Yes, we've raised some money on the marathons. The positive attitude I like about business is like the Pixar model. You don't have to be a rape-and-pillage business. You know, you can still make a profit. You don't have to be an ogre. You just have to work a bit harder at it.

How have you found balancing all the different work you do?
It's tricky. I've got a few things to do now, whereas in my 20s I had nothing to do. I couldn't get anything going. I think if you just had a lot of films going — film after film after film — then you would just have to juggle those together.

Instead I have a film, and then do France in French, and then maybe run some marathons, and then do something political in an election campaign. So it's mixing things together that I want to do — but I'm not just adding things on. There is a finite number to the things I like to do. There's about four of them.

SUMMER KIC
ALL 2011 SPRING & SUMM
KUSTOM SANDALS 20% OFF
BIKINIS
SALE ON FRIDAY JUNE 24TH - SUNDAY JULY 3
*sale excludes all denim
BILLABONG DAKINE ELEMENT
1755 West 4th Ave Vancouver (4th & Burrard)

MMER CLOTHING AND SHOES BUY 1 GET 1 AT 50% OFF

Quoted

CHAUFFEURING THE MAN WHO WOULD BE KING INTO A LICENCE

MICHAEL CAINE
... THE CARS 2 ACTOR ON DRIVING LESSONS

"I'll tell you what. I grew up in the war in London and then just after. I didn't know anybody who had a car until, well, I must've been 15 or 16 or 17.

In London at that time we had the Tube — the subway — and the buses. It was great and it was cheap. So, there was no reason to have a car. I became a movie star and I'd never driven and suddenly went from penniless to quite well off.

What happened to me was that the first car I ever bought was a Rolls Royce and I couldn't drive it. I said to them, 'I'll learn to drive it.' He said, 'No, you won't. You're not going to learn to drive in a Rolls Royce.' And when I saw the premium for me, a movie actor, by the way, the insurance premium for me to learn to drive was twice the sum that I'd pay a chauffeur.

So, I had chauffeurs my whole life and I never drove a car until I went to Los Angeles. There, as you know, you have to drive a car. So, I took my driving lesson in America.

It was very funny. When I took my driving lesson it was very official. They said, 'The inspector who will judge your driving, he will only speak to you about technical things. You will not speak to him about anything else. There will be nothing personal. Just listen to what he says and answer what he asks.' Everything had to be kept absolutely professional.

I got in the car, very nervous. I was going to take my test. I was sitting there, and he says to me, 'You're going to have to be rubbish not to pass this test because I just saw the Man Who Would Be King.'

So, I was off and running. I was a terrible driver, but I passed that test. I've had lots of cars, but I don't drive them, and especially in London. I'm not a very patient man, and the idea of parking a car and looking for a space and all of that stuff. So, I have a chauffeur. If you're famous you're not allowed to go on public transport because it could cause a hubbub."

NED EHRBAR

Driving up merch sales

CONTRIBUTED

▶ Cars 2 merchandise is set to out-sell all other Pixar films to date.

In the Pixar pantheon of animated films remarkable for their appeal to both adults and children, Cars is the most purely kiddie affair.

While critics prefer the heartfelt resonance of Up or the mortality ruminations of Toy Story 3, toddlers have been far more amped by Cars.

Since premiering in 2006, Cars has been a high-octane sensation among those whose feet still don't reach the gas pedal, and the Cars 2 sequel opening Friday is already driving a similar response.

Take David W. Wright, a 40-year-old Floridian and the father of a 4-year-old Cars fanatic. Wright estimates he and his son have seen Cars "easily a couple hundred times."

"There was a little while after maybe the first 40 times where I was like, 'Ah, I can't watch this again,'" said Wright, who blogs about parenthood at BloggerDad.com. "But eventually it comes full circle. I like it."

His son is rewarded for good behaviour at preschool with a new Cars toy car. That goes along with his Cars shoes, blankets and books.

The Wright family's experience is far from uncommon. Cars has attached itself to kid culture more than any other Pixar film or even most children's movies. While the Pixar connoisseur can trumpet the artistry of Ratatouille or the galactic romance of WALL-E, it's nothing compared to the kiddie-clamour for Cars.

The film has already earned Walt Disney Co., which owns Pixar, more than $8 billion in retail sales. Disney estimates that merchandising for Cars 2, which began rolling in May, will this year surpass the $2.4 billion Toy Story 3 made from retail sales last year. THE ASSOCIATED PRESS

Billabong Store SUMMER KICK OFF SALE

ACCOUNT MANAGER

Metro Vancouver is seeking a Retail Sales Account Manager to achieve sales targets for both our print & online properties. This role will primarily focus on new business development and is ideally suited for someone with sales experience or relevant education looking to break into the exciting world of media sales. Remuneration for this position includes a competitive base salary along with commissions. As part of a highly cohesive sales team and reporting to the Retail Sales Manager, the successful candidate would have the following:

PRIMARY RESPONSIBILITIES:

- Prospect for new accounts and solicit new business in the marketplace.
- Sell a portfolio of Metro branded products.
- Design advertising programs to meet clients' needs and help them grow their business.
- Negotiate rates in accordance with Metro's guidelines.
- Keep clear and accurate customer files in Metro's CRM.

REQUIREMENTS OF THE POSITION:

- Post secondary degree or diploma in a related field.
- Valid drivers license and a vehicle.
- At least 3 yrs experience in retail sales, media sales is an asset.
- Proficient in Microsoft Office including PowerPoint, Excel, Word and Outlook.
- Proven track record in profitable selling.
- Creative, efficient, flexible, entrepreneurial, collaborative, detail oriented.

Individuals interested and having the skills described are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 30, 2011. PLEASE QUOTE: "Retail Sales Representative - Vancouver" in the subject line. All submissions will be treated as confidential.

metro

www.metronews.ca

No fun in this dysfunction

Actress Tatum O'Neal insists new TV show about relationship with movie-star dad is not a 'vanity project'

KRIS CONNOR/GETTY IMAGES

▶ Ryan O'Neal and Tatum O'Neal

Actress Tatum O'Neal insists her reality series about her rocky relationship with her movie-star father isn't a "vanity project." Rather, she says, Ryan & Tatum: The O'Neals is intended to help people.

"My whole reason for doing it is that people (will) learn from it," O'Neal said in a recent telephone interview. "I've never seen anything in television ... that speaks to (the) very real dynamic of dysfunction, which I have with my dad. I think we did a very good job of being ourselves and showing the dysfunction that we really live with and I think people ... will get a lot out of it, good or bad."

Dysfunction may seem like an understatement when it comes to the Tatum and Ryan O'Neal's relationship. The pair became inextricably linked in the public eye when they co-starred in 1973's Paper Moon, a film which made Tatum the youngest-ever actor to win an Academy Award.

In the debut episode, airing Friday on OWN, Tatum says her mother struggled with addiction.

Her father, she charges, abandoned her when he became involved with actress Farrah Fawcett.

THE ASSOCIATED PRESS

The new season of TRUEBLOOD premieres June 26, 9 PM MT / 8 PM PT

Only on HBO CANADA

WIN

A Sookie Stackhouse Prize Pack

Including True Blood® Season 3 DVD.

To register and for full contest details visit clubmetro.com

HBO Canada™ and its associated logos are service marks of Home Box Office, Inc. Used under license.

Who will create tomorrow? With a focused education that prepares you for the creative world, it could be you.

Classes start July 4

aicreateart.com/vancouver
1.800.316.5181

The Art Institute of Vancouver℠

DESIGN MEDIA ARTS FASHION CULINARY EVENT MANAGEMENT

2665 Renfrew Street, Vancouver, BC V5M 0A7

©2011 by The Art Institutes International LLC Ai-11-2714 6/11

From small screen to silver screen with Segel

Jason Segel tells Metro about working with Diaz, Muppets **This actor, musician, writer isn't slowing down anytime soon**

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

Jason Segel isn't one for summer vacation. While on break from How I Met Your Mother, the actor, writer and musician is beyond busy promoting his latest film, Bad Teacher, opposite Cameron Diaz and Justin Timberlake, and putting the finishing touches on his passion project, The Muppets. Segel found a free moment to chat with Metro about working with Diaz, not slowing down and making his own Muppet.

Bad Teacher is a great example of raunchy comedy done well. What do you think made it work?
I think one of the things that makes the movie work is that Cameron is so intrinsically likeable and is known for having such a bright personality that there's a lot of fun to be had in seeing her kind of off the rails with that character.

HANDOUT

▶ Jason Segel and Cameron Diaz in a still from their film Bad Teacher.

Was there a lot of improvisation for your scenes with her?
There was quite a bit of adlibbing. You know, Jake comes from the same school of comedy that we were kind of mentored by with Judd Apatow.

I think part of our process in general is that a lot of the hard work is done in casting, and once you've done that and you've hired people that you're confident know their parts even better than you do as the writer or director, and so you trust in them to do their thing, and it usually pays off.

Between TV, film and promotional duties, how hectic is your schedule these days?
I was in Michigan a couple of hours ago filming, and then flew into New York. I'm here for about three hours, and then back home. So pretty busy.

Right now I'm filming a movie called The Five-Year Engagement that I wrote with my writing partner, Nick Stoller, which is another romantic comedy under the Judd umbrella. And we've got Muppets coming out.

With the first official trailer for The Muppets out now, you must be pretty stoked.
I couldn't be more excited. That's been a real labour of love. Nick Stoller and I started writing it almost five years ago now — four years ago. Seeing it come to fruition is really, really exciting.

I've seen cuts of it, and I think we're just inches away from some real magic. So we're very, very excited for our Thanksgiving release.

You've been doing some great parody trailers for it up until now.
I thought the very first parody trailer, where it seemed like a mediocre romantic comedy, was really funny. I was watching people kind of sigh in relief that Amy Adams and I hadn't made a terrible movie.

Can you tell us anything about the Muppet you created?
Yeah, his name is Walter. He's an adorable little guy who is sort of the eyes and ears of the audience, just a giant Muppet fan, and his goal is to reunite the Muppets, remind them of what they used to be.

It was really an honour to have my own Muppet made.

LIVE HEALTHY LIVE WELL
HOT BUYS

Optimum Nutrition
Gold Standard 100% Whey Protein
908 g - Reg. $49.99
Hot Buy: $24.99
Save: $25.00

Optimum Nutrition
Gold Standard 100% Casein Protein
908 g - Reg. $62.49
Hot Buy: $39.99
Save: $22.50

QuickTrim
Extreme Burn
Weight Management
120 capsules - Reg. $54.99
Hot Buy: $33.99
Save: $21.00

EAS
100% Whey Protein
Protein
5 lb - Reg. $69.99
Hot Buy: $39.99
Save: $30.00

Allmax Nutrition
Vita Stack
Multivitamin
30 days - Reg. $74.99
Hot Buy: $39.99
Save: $35.00

Fusion Bodybuilding
Purple-K
Creatine
100 capsules - Reg. $46.24
Hot Buy: $31.99
Save: $14.25

Rivalus
Post-Rx
Post Workout
600 g - Reg. $69.99
Hot Buy: $49.99
Save: $20.00

QuickTrim
Fast Cleanse
Weight Management
946 g - Reg. $35.99
Hot Buy: $18.79
Save: $17.20

GNC
Ultra Mega Gold
Multivitamin
180 caplets - Reg. $49.99
Hot Buy: $19.99
Save: $30.00

Renew Life
First Cleanse
Cleansing
1 kit - Reg. $23.49
Hot Buy: $16.99
Save: $6.50

MuscleTech
naNO Vapor Pro Series
Pre workout
2.2 lbs - Reg. $79.99
Hot Buy: $45.99
Save: $34.00

GNC
Salmon Oil
Essential fatty acids
180 soft gels - Reg. $18.74
Hot Buy: $9.99
Save: $8.75

Nobody beats GNC prices
We'll beat them by a BUCK!
Ephedrine pouches 8 mg 2 for $7.49
50 tablets x 2 pouches
GNC
LIVE WELL.
Visit www.gnc.ca for the location near you
170 locations coast to coast
* Hot Buys offer valid June 23 to July 4, 2011. Offer is limited to quantity on hand. Lowest price guarantee is based on nationally advertised pricing. Sorry no rain checks. 20% GNC Gold Card discount and BOGO do not apply to our already low Hot Buy priced items.

A Flood of changes for the Glasvegas

Working with renowned producer Flood, Glasvegas changed half of their new album The move from guitarist to frontman for James Allan proves just what the band needed to hit their stride with new album

PAT HEALY
SCENE@METRONEWS.CA
METRO WORLD NEWS IN BOSTON

Glasvegas guitarist Rab Allan is quick to diss his cousin James, who played guitar and sang on the band's 2009 debut, but is only listed as the singer on their new album, Euphoric///Heartbreak\\\.

"I think he just wore it because it looked good," he says.

The Scottish rockers' sophomore effort is decidedly different from their debut, and Allan says they owe that to more than just one less guitarist. With famed producer Flood (U2, Nine Inch Nails) in the studio with them, they achieved guitar sounds they previously thought weren't possible.

I read that you finished doing demos on your own in California, and then took them to Flood. How much changed between the original recordings and the finished results?

I guess it depends on how you look at the role of the producer. About half of the demos are what's on the album. In terms of structure, not a lot changed. The song You was completely different. It was something James did with just piano and his vocal sounded like John Lennon, so that was one of the biggest changes Flood made. But it was more like confidence and experience with sounds that he

Why is James no longer listed as a guitarist?

To be honest, I don't think it was plugged in most of the time. So the band actually sounds better with him not playing guitar.

Is he going to be upset that you're telling me this?

No, he felt quite trapped with a guitar on his shoulder because he couldn't express himself enough, so he wanted to have a bit more freedom.

Is he doing any cartwheels or backflips on stage now with this freedom?

You know what? He keeps jumping off the stage and just falling on his ass. He's getting quite good at doing that. That's one thing that he's got a talent for. But you know, I'm actually surprised how well he's taken to being the frontman, if you want to call it that, not that I've ever doubted he could do it.

Do you feel any more responsibility now that you're the only guitarist?

I actually feel less responsibility because I had to cover up his mistakes before. He used to make me look bad.

Are you serious?

No, I'm joking. But I don't feel more responsibility. I feel as though it's my thing. When he played guitar, I wasn't the only guitarist, so I couldn't say, "I'm the guitarist."

But now I'm the guitarist, Paul [Donoghue] is the bass player, Jonna [Löfgren] is the drummer and he's the singer, so they're quite defined roles.

GETTY IMAGES

▶ Arnold Schwarzenegger and Maria Shriver

Arnold and Maria: divorce coming soon

They may not have initiated divorce proceedings yet, but Arnold Schwarzenegger is reportedly already paying Maria Shriver "a significant amount of child support," according to Radar Online. "Even though Maria is a Kennedy, and has inherited a great deal of money from her parents' estate since their deaths, she is taking the child support," a source says. As for the divorce itself, the source says it's just a matter of time: "Maria wants to get a fair divorce settlement, and move on with her life," the source says. METRO

Lindsay's got cabin fever

Lohan's finding house arrest a bit limiting
Says she might return to (alcohol-free) clubbing

ALL PHOTOS GETTY IMAGES

▶ Lindsay Lohan

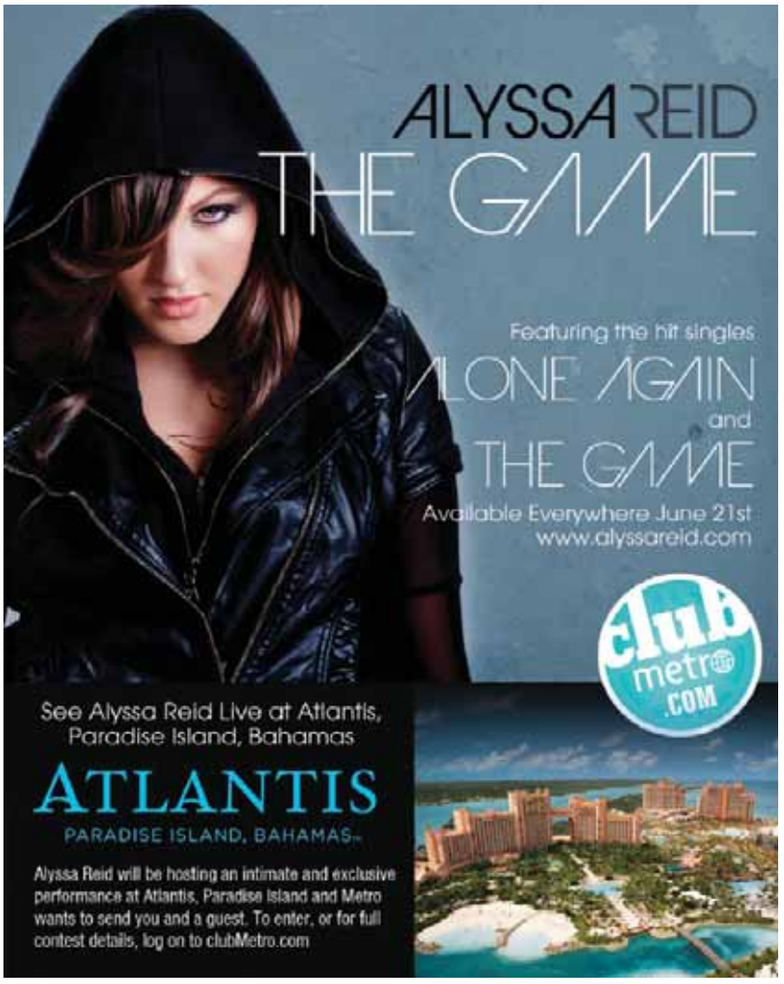
Lindsay Lohan admits that being under house arrest in her Venice Beach condo is starting to get to her. "I'm a very social person, and I like being outside," she tells Life & Style. "I'd like to get out more — just going out and having dinner."

And while Lohan insists that "alcohol is not in my house, so it's just not a part of my life," she hasn't ruled out a return to the nightclub life when her sentence is up. "I don't think you should ever say never," she says. METRO

Harry and Pippa getting friendly?

While their siblings enjoy being newlyweds, Prince Harry and Pippa Middleton have reportedly been spending some quality time together, according to Grazia.

"They speak on the phone all the time and have met up at least five times since the wedding, once for tea at his Clarence House apartments," a source says. "She thinks he's got a really cheeky sense of humour." The pair have something else in common as well, as they're both recently single. "He only recently came out of a relationship, of course. He's been trying to cheer Pippa up," the source says. METRO


ALYSSA REID
THE GAME
Featuring the hit singles
ALONE AGAIN
and
THE GAME
Available Everywhere June 21st
www.alyssareid.com
club metro .COM
See Alyssa Reid Live at Atlantis, Paradise Island, Bahamas
ATLANTIS
PARADISE ISLAND, BAHAMAS
Alyssa Reid will be hosting an intimate and exclusive performance at Atlantis, Paradise Island and Metro wants to send you and a guest. To enter, or for full contest details, log on to clubMetro.com

LOVE TO PLAY?
Get more Metro puzzles and games on your iPhone with the FREE Metro Play app – updated daily!
Available on the App Store
metro play

Bring on the beef

YLVA VAN BUUREN
FOR METRO

Pia Wiesen has got her Canada Day BBQ all figured out — and it's going to be a delicious!

The restaurant owner is celebrating Canada's birthday as well as the fact she and her family became Canadian citizens this year. The family emigrated from Germany in 1994, and today she and her husband Stefan own Pia's Bakery, a restaurant/bakery in Orangeville, Ont.

For Canada Day, she'll prepare much of the meal ahead of time — so she can enjoy the day too.

On the buffet table, there will be a platter of tomatoes sprinkled with diced shallots, a balsamic/maple syrup reduction and sliced Canadian cheddar, and served with fresh baguette. There will be burgers — classic hamburgers dressed up with sliced avocado, tomato and mayonnaise; and salmon burgers served with fresh greens and mayonnaise mixed with chopped capers.

A buffet really is the way to go on Canada Day. Make it a potluck, says Joyce Parslow, home economist at the Beef Information Centre.

Parslow suggests that the host prepare the main course meats and ask guests to bring side dishes such as potato, pasta or grain salad.

"I like to do kebabs because they're quick to cook up. Steak is always a crowd pleaser (grill one large steak, then slice it up on a platter to share), and sometimes I'll do a roast on the barbecue the day before and serve it sliced with different condiments and buns," she said.

Burgers are always a great idea. Because you prepare them ahead of time, "the flavours mix nicely in the fridge and burgers hold together better on the grill," says Parslow.

For a casual meal, add new dishes to the buffet table as they arrive or come off the grill. Everyone can wander back and forth to the table — as they visit, have fun and enjoy the day.

Canadian Beef Kebabs

BEEFINFO.ORG

A maple-y marinade recipe gives these beef kebabs a Canadian accent — even more so if you use Canadian whiskey!

Preparation:

1. Combine vinegar, garlic, maple syrup, onions, oil, orange juice, cloves, salt and pepper in large sealable freezer bag. Set aside 2 tbsp for basting.
2. Trim beef cubes if necessary. Add to freezer bag; seal and refrigerate for 20 to 30 minutes. Discard marinade. Thread steak and orange chunks alternately onto metal or soaked wooden skewers.
3. Grill on lightly oiled grill over medium-high heat, or broil, for 4 to 5 minutes per side or until browned but still pink inside.

Ingredients :

- ¼ cup cider vinegar
- 2 cloves, garlic, minced
- 2 tbsp each maple syrup, chopped green onions and vegetable oil
- 1 tbsp orange juice or whiskey
- ½ tsp each ground cloves, salt and pepper
- 1 lb beef top sirloin grilling stead, 1-inch thick, cut into 1-inch cubes
- 2 oranges, peeled and cut into large chunks

All-Canadian Beef Cheeseburgers

Preparation:

1. Stir egg with bread crumbs in large bowl; add onion, cloves, allspice, marjoram, salt and pepper. Mix in beef until just combined. Shape into four ½-inch thick patties. Make thumbprint depression in centre to prevent rounding.
2. Place on greased grill over medium-high heat; close lid and cook, turning once, until thermometer reads 160 F, about 10 minutes. Top each patty with cheese to melt.

Ingredients :

- 1 egg
- 3 tbsp dry bread crumbs
- ½ small onion, grated
- ¼ tsp each ground cloves and allspice
- ¼ tsp each dried marjoram (optional), salt and pepper
- 1 lb lean ground beef sirloin
- 8 slices Canadian smoked Cheddar cheese
- 4 hamburger buns
- 4 slices back bacon

3. Toast buns. Grill back bacon, until golden, about 1 minute. Assemble burgers with bacon on buns.

LOVE TO PLAY?
Get more Metro puzzles and games on your iPhone with the FREE Metro Play app – updated daily!
Available on the App Store
metro play

Canada Day Fireworks Cruise
This year celebrate Canada Day with an evening of fine dining, dancing and a grandstand view of the fireworks display.

Price: $64.95
per person plus grats and HST
PRIDE OF VANCOUVER CHARTERS · LTD
(604) 687-5533 • www.vancouvercharters.com

BECOME AN ELITE Infofit PERSONAL TRAINER!
Do you have a PASSION for FITNESS?
Our graduates are in HIGH DEMAND!
Start your profitable career in Personal Training Today!
INFOFIT Educators 604.683.0785 • admin@infofit.ca
VANCOUVER • BURNABY • SURREY • WHITE ROCK
INTERNATIONALLY • ONLINE • WWW.INFOFIT.CA

THE FIREPLACE WAREHOUSE
GRILLS
FIRE PITS
COME SEE US FOR ALL YOUR OUTDOOR HEATING NEEDS AND...

FIREPLACES
PATIO HEATERS

...ENJOY A FINE CANADIAN SUMMER IN STYLE!
NOW CARRYING LENNOX PRODUCTS, INCLUDING AIR CONDITIONERS, FURNACES AND HEAT PUMPS
thefireplacewarehouse.ca
#105 - 11091 Bridgeport Rd, Richmond • 604-231-8923
#105 - 14772 64 Ave, Surrey • 604-572-7944
DISTRIBUTORS OF:
LENNOX Savannah Heating Products Ltd. VERMONT CASTINGS MAJESTIC REGENCY Big Green Egg

JUPITERIMAGES/PHOTOS.COM/THINKSTOCK

▶ Set-up candles, carafes, music and movies to wow guests at your next outdoor gathering.

Spruce up your patio

ASTRID VAN DEN BROEK
FOR METRO

Need to freshen up your outdoor entertaining presentation?

We asked Karl Lohnes, Metro's Décor Moment columnist, and Frank Turco, the Toronto-based senior manager of trend and design for Home Depot Canada for some new ideas for backyard parties.

Lighting

For safety and ambience, pillar candles now come in LED form.

"They're nice to cluster or put in a hurricane glass, even though you don't really have to," says Lohnes.

Or invest in string lights to drape behind a railing or under a patio umbrella. "They add some colour and create some ambient lighting throughout."

Cuisinart Stand Blender, $179.99, available at Future Shop.

Drinks

Buy half-litre glass wine carafes at the dollar store for each person's setting.

"That way everyone has their own personal carafe at their setting filled with white or red wine or sangria even," says Lohnes.

Premix the bases of two or three drinks so nobody's fussing with barware mid-party.

"That way all you have to do is put them in a glass to shake," says Lohnes. Or plug in a blender outside to pour the drinks over shaved ice.

Use what you have.

"If you're serving beer, take a planter and plug the bottom and put cans and bottles in there," suggests Turco.

Rocketfish Outdoor Wireless Speakers, $229.99, available at Future Shop.

Décor

Hit the dollar store for decorating ideas. Lohnes recommends draping faux hula skirts over your patio umbrella or table, or pick up some printed melamine plates to use as chargers.

Set up wireless speakers for music or hook up an outdoor projector on a blank wall.

"Put a classic movie on in the background," suggests Lohnes.

"It adds lighting and sound and it's nice to sit outside and be entertained."

Keep your guest's needs in mind. Chilly night? Drape blankets over the backs of the chairs for when they are needed. If it's a steamy night, consider a mister spray bottle for guests.

The real madness would be missing the

The IKEA Summer Sale starts tomorrow with Midnight Madness. **Friday, Jun**

10pcs meatball dinner for
Was ~~$4.99~~
$1.99
5pm – close

75% OFF
select kitchen door fronts

RANSBY duvet cover set, any size
Reg ~~$24.99-$39.99~~
$19.99
Limit 2 per customer

*Offer valid on June 24th, 2011 from 6pm to 12am only. Offer not valid in Quebec. Not applicable on previous purchases. While supplies last. Selection may vary by store. See store for details. No rain checks. Not all products available onl

Summer food safety tips

How you prepare, cook and eat your food in the kitchen and at the BBQ could take its toll on your tummy

YLVA VAN BUUREN
FOR METRO

Summer ... and living and eating outdoors is easy! Just don't forget that outdoor barbecues may increase the risk of food-borne illnesses. The food safety website, befoodsafe.ca, reminds everyone that bacteria can spread on hands, utensils and surfaces as you prepare your favourite dishes. Avoid problems by following these safe cooking and food-handling suggestions.

Food Preparation

• Never defrost food at room temperature. Defrost in the refrigerator, in cold water or in the microwave.
• When preparing meat dishes, clean surfaces, dishes and utensils with hot soapy water after preparing each food item.
• Avoid cross contamination of bacteria by using one cutting board for fresh produce and another for meats, poultry and seafood. Joyce Parslow, home economist at the Beef Information Centre, suggests colour coding — use red for meat, white for bread and vegetables.
• Wash your hands regularly, especially before and after handling food.
• If you use cloth towels in the kitchen, be sure to change them often (and wash them in the hot water cycle).

Cooking

• Use a clean platter for cooked foods — not the platter you used for raw meat. Avoid getting raw juices in contact with anything.
• Wash tongs with soap and water after they've touched raw meats.
• Use a food thermometer to ensure sure meat is cooked. According to Health Canada, meat is cooked at certain internal temperatures. For example: ground beef, steak (medium done), veal and lamb (71 C/160 F), chicken wings and breast (74 C/165 F), pork (71 C/160 F).

Eating

• Follow the one-hour rule for perishables. Foods such as potato salad with mayonnaise can be left out safely for up to one hour.
• Protect food from insects outside with mesh.
• If it's hot outside, consider serving your buffet where it's air-conditioned.

JUPITERIMAGES/COMSTOCK/THINKSTOCK

▶ Be aware. Outdoor barbecues may increase the risk of food-borne illnesses.

sale.
e 24th from 6pm – Midnight only
Save up to 50% on select items.*
GILBERT chair
Was $65
$39.99
black-brown and birch only
All remaining summer collection
50% OFF
Visit IKEA.ca for store locations and hours. Or to shop from home, visit our website or call 1-866-866-IKEA
IKEA®
Any space can be beautiful.
ine. © Inter IKEA Systems B.V. 2011.

12,000
YEARS OLD
and still
A VIRGIN

What does it take to produce the purest vodka in the world? Time. Lots of it. In fact, we've been waiting thousands of years just for the main ingredient. Pure, clean, fresh iceberg water. Every bottle of Iceberg Vodka contains the purest water on earth, formed high in the Arctic and long before any man-made contaminant could damage its natural essence. The result of our patience is the world's smoothest tasting vodka. Just don't wait that long to try it.

ICEBERG VODKA.
PURITY, FOR THE PERFECT TASTE.

Make the most of summer festivals

SIMONE JOYNER/GETTY IMAGES

▶ There's a festival for every interest this summer.

KELLY PUTTER
FOR METRO

As outdoor-food chomping, flip-flop clomping, fun-romping Canadians, when it comes to summer festivals we even like a little pomp.

From the wild mountain-bike athletes at the Kokanee Crankworx festival in Whistler to Collingwood's Elvis Festival to the long-running Icelandic Festival of Manitoba to Drummondville's Festival de la Poutine, there's virtually a festival for every interest.

But with so many to attend, how do you get your money's worth?

"Going to a festival is all about planning," says Gary McWilliams, a Cobourg festival guru whose website (ontariofestivalsvisited.ca) offers a listing of Ontario events and festivals, commentary and planning tips.

Billed as the Festival Nomad, McWilliams, who has visited more than 200 festivals and who helped found Cobourg's 21-year-old Waterfront Festival, offers the following pointers:

• Check the festival's website. Most have an online presence and it can tell you a lot about the event before you get there. But it can also fool you, so be aware that "some festivals really puff their event and don't deliver," he says.

• Leave pets at home. Many festivals don't allow dogs unless it's a guide dog.

• Walk backwards. If you follow the crowd, you will invariably encounter lineups and mini mobs at various attractions and displays. Walk the festival backwards and you're sure to hit less traffic.

• Create a checklist. It should include summer essentials such as sunscreen, water, sunglasses and a camera. Don't forget your cash, as many festivals don't have access to ATMs or credit cards.

• Pack your grub. Festival food is expensive and not the healthiest so it's wise to prepare a lunch.

Steaming up Jazzfest

KEITH CARMAN
FOR METRO

"The big band is an obsolete technology." Such a phrase isn't exactly what we'd expect to hear from a big band leader.

However, in the case of 18-piece Canadian outfit Secret Society, it's leader Darcy James' main selling point. An advocate for the emotional virility and moving power of music, he still sees the viability in so many instrumentalists creating epic pieces together.

"(Big band music) was quite popular in the '30s right up until the '50s but fell out of favour for a long time," he says. "It's been all but forgotten. For me, we take this artifact from the past and refashion it to do something musically creative that points ahead."

Such is the reason James refers to the style of Secret Society's debut effort Infernal Machines as Steampunk big band. He feels the term perfectly defines their efforts to create a style and sound that embraces past, present and future.

Whatever they are, the terminology seems to be working — or at least the music is, seeing as Infernal Machines has garnered accolades including Juno and Grammy award nominations as well as an ardent fan base.

BEN ANAMAN PHOTO

▶ Darcy James

Darcy James

- **Where:** The Vogue Theatre, 918 Granville St.
- **When:** Sunday, June 26 at 9 p.m.
- **Price:** $30; coastaljazz.ca

Don't get weighed down by sunshine

Heat, humidity, chlorine and sweat take a toll on skin and hair ◆ Tips to keep wrinkles and frizz at bay

KIM ZAZOUR
FOR METRO

Summer's finally here — time to show off your sun-kissed skin and wind-tossed hair.

But exposure to the elements can do a number on your tresses and your complexion. Heat, humidity, chlorine and sweat can all gang up on your summertime beauty — and your health. Without protection, you could end up with a frizzy head, wrinkly face, or worse.

The Canadian Dermatology Association expects 74,000 newly diagnosed cases of skin cancer this year. Don't be one of them. Avoid the sun between 11 a.m. and 4 p.m., cover up with tightly woven clothing, a wide-brimmed hat and sunglasses with 100 per cent UV protection — wrap-arounds are best.

And of course, lather on the sunscreen, even on cloudy days, reapplying regularly, especially after swimming. If you're taking a road trip, remember the sun's rays still make it through the windshield.

Look for sunscreen bearing the association logo and products that protect against UVA and UVB rays with a minimum SPF of 30 — the higher the SPF, the better, says Toronto dermatologist Dr. Charlene Linzon.

Titanium dioxide and zinc oxide are also ingredients to look for, especially for children. They act as a sunblock and are not absorbed by the skin.

Sunlight is not all bad, though. Dr. Linzon suggests exposing arms to 10 to 15 minutes of sunlight for a healthy dose of vitamin D.

Ten minutes in the sun's rays can also help clear up acne, says, Linda Ducharme, teacher and coordinator in Algonquin College's esthetician program.

Ducharme also suggests easing up on nighttime moisturizer to let your skin breathe, and switching to mineral makeup, which doesn't clog pores and provides some sun protection.

Your hair, too, needs some summertime TLC.

Pamela Arsenault found that out the hard way. The Ottawa mom used to straighten her shoulder-length hair, but heat and humidity turned her smooth locks into frizz.

Now she uses anti-frizz shampoo, leave-in conditioner and a bit of gel and lets her hair do what it wants — leaving her with a head full of soft curls.

Paula Whitelock, with Hair Designs by Paula in Ottawa, says curly or wavy locks present special challenges; she suggests finding a stylist who specializes in curly hair.

Braids are another way to get through the steamiest of days, says Alain Larivee, owner of CAJH Maitres Coiffures in Montreal and Canadian creative consultant for John Frieda. Plaits keep frizz off your face during the day and at night you can shake them out for soft waves.

Or, you can also try a pampering treatment suggested by Algonquin College hairstyling professor Deanna Douglas. Before lounging on the dock or poolside, put conditioner on hair, then a shower cap. The heat of the sun restores your hair's lustre.

ISTOCKPHOTO/THINKSTOCK

▶ When choosing a sunscreen, make sure it is no lower than SPF 30 and that it contains the ingredients Titanium dioxide and zinc oxide, especially for children.

GO ON.
STICK YOUR
NECK OUT.

Our wines are palate pleasing with a sense of fun as depicted by the bright yellow ostrich with its remarkable long neck!

$8.99 at your local liquor store

OBiKWA
NEW
SAUVIGNON BLANC
SHIRAZ

Pick up Obikwa Sauvignon Blanc and Shiraz in the South African section at your local BCLDB store today.

$8.99 for a limited time*
Pricing in effect until June 25th, 2011.

OBiKWA
GO ON. STICK YOUR NECK OUT.

3 life

Dressing within the lines

The Middletons have thrown the fashion world a curveball with their safe and pretty personal style

Will it stick? From the looks of retail, probably

KENYA HUNT
STYLE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

It seemed like fashion's loud and wild moment was sealed, with pop stars like Lady Gaga and Rihanna ruling the best-dressed lists and trends such as sequins and fur dominating the runways. Then a princess entered the picture.

GETTY IMAGES

GETTY IMAGES

▶ Cinched waists and skirts just above the knee. Kate and Pippa Middleton are bringing modest, preppy dressing back.

Something happened when Kate and Pippa Middleton made their way up the steps to Westminster Abbey in April. The sisters weren't just claiming their new roles as tabloid obsessions, they were also ushering in a trend for conservative and preppy dressing not necessarily sanctioned by the runway or magazine editors or even the whims of street style.

The Middletons are the respectable foil to Gaga's outlandishness.

Their skirt lengths are modest. They wear nude stockings. Their blouses are tucked in. And their shoes aren't too high.

They're the daughters of multi-millionaire parents. Yet in a strange way, their personal style — touched by nary a Rachel Zoe or Nicola Formichetti — represents that of average working girls everywhere, women who can't afford stylists or don't want the hassle of walking around in tall Jimmy Choos. This is made all the more clear by the speed at which anything worn by the Duchess of Cambridge sells out.

GETTY IMAGES

GETTY IMAGES

▶ Pippa in Zara

The polished looks the sisters have worn these past few months are not unlike the office-appropriate dresses you might see in Ann Taylor. It's the kind of safe clothing, that would make most fashion types balk and is also the very thing that makes them a colossal hit.

Style picks

ZARA
zara.com

Zara has debuted an impressive spring/summer lineup of handbags, which span everything from quirky, neon totes to chic leather carryalls.
METRO

Katy Perry marks fragrance launch in Toronto

Register Now For Fall Courses

Nursing Unit Clerk Starts October 11th
Access to Practical Nursing
Starts October 24th
• *Days and evenings available*
Practical Nursing Starts November 7th
Info Session: July 12th 6-8pm

Free Laptop with all Full TIme program registrations.

Canadian Health Care Academy
Call for details: 604.540.2421
info@chcabc.com
www.chcabc.com
PCTIA
BRITISH COLUMBIA EQA
052411

Give new meaning to 'chicken night'

This dish has the flavour of lasagna with the substance of chicken It takes 20 minutes to make

BOTH PHOTOS: MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ This dish can be served over a bed of noodles, rice or in a sub roll.

The goal was a simple chicken casserole that had the rich, satisfying flavour of a lasagna.

Actually, that's a lie. The goal was a chicken roulade — a dish in which chicken breasts are pounded flat, then slathered or layered with some sort of filling, then rolled into a log and roasted or braised.

Except my roulade didn't co-operate. During roasting, the cheesy innards oozed out all over the baking sheet, then promptly burned. The result was an inedible, ugly mess.

Attempt No. 2 wasn't much better. I ditched the pounding and rolling in favour of cutting slits into chicken breasts, then stuffing them with a cheese and roasted red pepper filling, pinching them shut and roasting. Nice try. Simply put, they looked like road kill.

Then it occurred to me: If the cheese wanted so badly to ooze out of the chicken, why not reverse the dish and start it that way. And thus was born this simple chicken casserole that tastes like a lasagna.

The chicken can be served over a bed of noodles or rice. It also could be spooned into a sub roll.

Preparation:

1. Heat oven to 200 C (400 F). Coat a 20-cm-by-28-cm (8-by-11-inch) baking pan with cooking spray.
2. In a medium bowl, mix together ricotta cheese, mozzarella, red peppers, egg, lemon juice, garlic, oregano, basil, salt and pepper. Set aside.
3. In a large skillet over medium-high, heat oil. Add all of the chicken and cook, stirring occasionally, until lightly browned, 6 to 8 minutes. It does not need to cook through. Transfer chicken to prepared baking pan. Pour cheese mixture over chicken, then stir gently to combine.
4. In a bowl, mix together panko and butter. Sprinkle panko over chicken, then bake for 20 to 25 minutes or until breadcrumbs are browned and chicken is cooked.

THE ASSOCIATED PRESS

Ingredients:

- 250 ml (1 cup) ricotta cheese
- 250 ml (1 cup) shredded mozzarella
- 500 ml (2 cups) prepared roasted red peppers, drained, patted dry and diced
- 1 egg
- 7 ml (1/2 tbsp) lemon juice
- 1 clove garlic, minced
- 2 ml (1/2 tsp) dried oregano
- 2 ml (1/2 tsp) dried basil
- 3 ml (3/4 tsp) salt
- 1 ml (1/4 tsp) ground black pepper
- 15 ml (1 tbsp) olive oil
- 625 g (1 1/4 lb) boneless, skinless chicken breasts, cut into 2.5-cm (1-inch) chunks
- 175 ml (3/4 cup) panko breadcrumbs
- 30 ml (2 tbsp) butter, melted

ADVERTISING FEATURE

Urban Eats & ENTERTAINMENT

NEW IN KITSILANO
Indian Fusion
RESTAURANT & LOUNGE
LUNCH SPECIALS
Meat Plate $9.95
plates Include 2 Curries (change daily) / Naan / Rice / Riata / Salad
Veg Plate $8.95
• Drink Specials
• Spacious Lounge
• Open Late
• Take Out & Delivery
• TV Screens
Reserve bar seats at our LIVE FUSION GRILL (from 5pm)
TRADITIONAL + MODERN CUISINE
202-1926 W 4th Ave. (on the 2nd floor)
(Also visit us at our original location at 2045 Lonsdale Ave, North Vancouver)
www.indianfusiononline.com 604.568.7716

Kam's Back!

Red Ginger
ASIAN CUISINE
2 for 1 ENTRÉE
(Limit 2 per table)
976 W. Broadway
Vancouver, BC
604.558.0888

The Noodle Box
THENOODLEBOX.NET
1867 WEST 4TH AVE
604.734.1310
NEW LOCATION COMING SOON!
839 HOMER ST
604.734.1316
SOUTH-EAST ASIAN NOODLE BAR

Medley's Bistro & Lounge
Market fresh lunch buffet.
Monday - Friday 11:30 am - 2 pm
Only $10.95!.
Holiday Inn Downtown
604.623.6856
hivancouverdowntown.com

Bombay Beat Indian Cuisine
Open 7 days a week for lunch & dinner.
4266 Hastings Street, Burnaby
604.299.2500
bombaybeatrestaurant.ca
20% Discount Coupon
Not valid with any other offer.
Coupon expires July 20, 2011.

For advertising info contact Bruce at:
(604) 648-3228
bruce.beil@metronews.ca

metro
metronews.ca
THURSDAY, JUNE 23, 2011
METRO SPACES

CONTRIBUTED

▶ Origin Condominiums are located in the growing community of Kukucha, where the population is expected to rise from a few thousand to close to 10,000.

Origin Condominiums are sustainable and high-efficiency in every way possible
Experience the beauty of nature and the convenience of the city right at your fingertips

Green luxury living with Origin

SAM SMITH
FOR METRO

A new, six-storey condominium, being built right next to one of Canada's most heralded schools, Simon Fraser University, is scheduled to be one of the few high-rises in the constantly growing UniverCity area.

Adhering to strict green guidelines put in by the SFU Community Trust and the City of Burnaby, Origin is going to be 30 per cent more efficient in its design than any other existing development in the Lower Mainland.

Surrounded by a cornacopia of trees, nature and education, Kerry Kukucha, developer at Porte Development Corp., said it's easy to see what the building is influenced by.

"Our project was the first time in North America where green or sustainable initiatives have been entrenched in the zoning bylaw," Kukucha said. "Origin set a whole new way of developing."

Meet the home

- **WHAT:** Origin Condominiums
- **BUILDER:** Porte Development Corp.
- **LOCATION:** Near Simon Fraser University on top of Burnaby Mountain
- **WEBSITE:** liveorigin.com
- **PHONE:** 604-320-3386
- **SIZES:** 600-1,400 sq. ft
- **PRICING:** Starting at $200,000

The building will be as sustainable as they can make it through various major and minor design decisions, such as high-efficiency fibreglass windows and low-flush toilets, all the way to a massive storm drainage system and connection to a "district energy system," he said.

"The building by design has to beat the national energy model by a minimum of 30 per cent," he said. "And that would entail things like enhanced window systems, or insulation, all sorts of things like that."

CONTRIBUTED

▶ Water-conserving faucets and dual-flush toilets make every bathroom as efficient as possible. Plus, there's in-floor heating.

Not to take away from its luxury, as Origin has 75 units being built from one to three bedrooms, and 600 to 1,400 square feet. Ceilings range from nine feet in traditional models to 18-feet in penthouse lofts.

Surrounded by a growing community, Kukucha sees UniverCity increasing from the few thousand it is now into something much more.

"Its grown from just a whole bunch of dirt atop the hill to a community probably which has close to 3,000 people living in it today," he said. "There will be close to 10,000 in due course."

Kukucha said the area is meant to capture the person who wants access to the convenience of a city life, such as having two malls and a skytrain within biking distance, to those looking for a natural environment to relax in.

"It's close to everything Metro Vancouver has to offer, but close to serenity at the same time," he said.

Starting with the bathrooms, there will be Kohler polished-chrome, water-conserving faucets; Kohler efficient dual-flush toilets; Taymor polished-chrome towel bars; oversized shower stalls (in most homes); deep soaker tubs; custom-designed Greenlam vanities; designer-selected lighting throughout; porcelain tile flooring with in-floor heating.

CONTRIBUTED

▶ Every kitchen features polished-quartz countertops and a built-in recycling drawer and stainless steel appliances.

The kitchens feature a built-in recycling drawer, Polished-quartz kitchen countertops, Richelieu stainless-suspension rail for optional kitchen accessories, and stainless steel appliances.

Kukucha says so far the company has presold 80 per cent of the units.

They are scheduled to be finished by spring 2012.

Upgrading to more space

Determining your must-haves and deal-breakers will get you closer to discovering your dream home

ON THE MARKET

RYAN DELUCA
FOR METRO

David Blanchard and Connie Smith are a late thirties couple with no children who are upgrading from their current 700 square foot one bedroom condominium in the downtown Vancouver core. They are looking to purchase a two bedroom, one or two bathroom condominium in the trendy and artsy neighbourhood of SoMa (South Main) in East Vancouver. Their price point: $550,000 to $600,000.

The priority for this couple is finding a home that is an easy transit ride the city center where they both work. They also want to be on a quiet side street as opposed to right on the busy artery of Main but if the unit is "amazing" enough, that can be overlooked. Next, both are looking for some outdoors space. Their current home has no balcony so this has become somewhat of a priority for the two as they love to entertain. On the bottom of the wish list is an updated space that is "turn-key" or ready to move in — largescale renovations are not something David and Connie want to take on but are willing to do some minor upgrades if necessary.

Here are three great units that this couple should look at:

RYAN DELUCA IS A REAL ESTATE AGENT WITH SOTHEBY'S INTERNATIONAL REALTY CANADA

CONTRIBUTED

▶ This stunning townhouse offers a balcony with a view.

2808 Watson St. $624,900

CONTRIBUTED

▶ Spacious and stylish living is key in this high-functioning design.

This is a remarkable corner townhouse in the three year old Domain development by Holborn. This 1,139-square-foot house has a "commanding view of the city and mountains from its rooftop patio," says Listing Agent Jeff Fitzpatrick of Re/Max Crest Westside. With 12-foot high ceilings, in suite laundry, modern kitchen, windows on multiple sides, this unit will not last long. Just steps from the trendy cafes, restaurants and galleries of South Main, David and Connie would be in the heart of their chosen neighbourhood with more living space then they could have ever imagined.

CONTRIBUTED

▶ Modern style and in walking distance of Main Street.

703-2770 Sophia St. $634,900

Connie and David love the fact that this large two bedroom condo in Stella is just seconds by foot from Main St.
Lance J. Brown, Listing Agent with TRG-The Realtor Group, notes that not only is the location of this 969-square-foot condominium ideal, but the sweeping city views and oversized deck are a definite rarity in this part of the city.
Completely modern in style, this three-year-old building has in suite laundry an exercise center and bike storage room.
Additionally it has one parking stall, which can be rented out to other owners if the couple has no use for it.

CONTRIBUTED

▶ This gem offers privacy and a terrific lookout.

802-298 E. 11 Av. $649,000

Finally David and Connie tour this penthouse unit at the Sophia. Also in their target neighbourhood, this 911-square-foot unit has two bedrooms, two bathrooms, gourmet kitchen with a glass range and an oversized terrace. David likes the fact that there is no unit above them to make any noise and Connie loves that the unit is prewired for surround sound which is great for movie night. Listing Agent Jon Pezzente of Sutton Group West Coast Realty explains that "with the gorgeous south west views, and extra high ceilings, the natural light can highlight this bright and open floorplan."

fun for everyone / food / entertainment / games / music and more
Wesbrook Village festival
SATURDAY JUNE 25 12-4pm
Wesbrook Mall - south of 16th ave at UBC
ENTER and you could WIN:
a trip to Vegas courtesy of Save-On-Foods
a furniture shopping spree worth $2500
Visa gift cards from RBC
and many other prizes
Brought to you by:
WESBROOK properties
RENTAL PROPERTIES AVAILABLE NOW!
CALL US at 604.228.2025 for more information
discoverwesbrook.ca
Prizes open to legal residents of British Columbia. Entrants must be over the age of majority in their province. Odds of winning depend on the number of entries received. Winner must correctly answer a time limited skill-testing question.

Life on the green

Even non-golfers can appreciate the view of Willow's Nine golf course with its distinctive tall trees West Coast-style homes offer energy-efficient features

STEPHANIE ORFORD
FOR METRO

It isn't hard to imagine spending the summer at Vantage in Surrey. Maybe that's because the new single-family home and townhome development is surrounded by enough golf courses to please even the most fanatical golfer.

Even non-golfers can appreciate the second-floor view of the Willow's Nine golf course, with its distinctive tall trees.

Some of the townhomes are located right on the course. And when residents master their game there, three other golf courses are all within a five-minute drive.

"We give every new homeowner a gift certificate for the golf course that they can use for golf or at the club house," said Curt Woodhall, marketing manager for Vesta Properties, the developer of Vantage.

Or maybe Vantage's appeal is that its West Coast Craftsman-style homes make the most of the sunshine. The development, which started selling in April, is built on a hill, so the backyards face south — perfect for getting some sun on those tomato plants.

The basements are walk-out, which means they also get lots of light and allow residents to walk directly onto their patio, a great barbecue and outdoor dinner location.

Indoors, the single-family four- and five-bedroom floor plans have a spacious feel with nine-foot ceilings. A lounge, den, loft and flex-space are optional, depending on the particular home plan.

Large, double-glazed, energy-efficient windows let in lots of light no matter the season.

Other energy-efficient features include a forced air furnace, good insulation and low-flush toilets.

And when it isn't summer, it's still practical. All homes include laminate flooring, a central vacuum system, easy-touch Decora light switches and hose bibs out front and back. Homes come pre-wired for residents to install a security system.

CONTRIBUTED

Vantage also offers personalized details and luxury add-ons including modern-style baseboards and door casings, a choice of three colour schemes, a gas fireplace with mantle and hand-set tiling, granite countertops and an island, and a soaker tub in the ensuite bathroom.

Meet the home

- **WHAT:** Vantage
- **BUILDER:** Vesta Properties
- **LOCATION:** Surrey, B.C.
- **WEBSITE:** vantageliving.ca; morningstarhomes.bc.ca
- **PHONE:** 604-579-0247
- **SIZES AND PRICING:** Single-family homes start at 3,200 sq. ft. for $729,000.

Sales start early July
Affordable Parkside Living in the New Coquitlam from the mid $200,000s
Learn
Simon Fraser University, 10 Min
Shop
Lougheed Town Centre, 4 Min
Play
Vancouver Golf Club, 3 Min
Enjoy
Burquitlam Park, 5 steps
Clarke Rd
Como Lake Ave
Lougheed Town Centre
Austin Ave
North Rd
Lougheed Hwy
Trans Canada Hwy
Coming Soon to the Burquitlam Neighbourhood
Register Now | liveatbloom.com | 604.939.8808
1, 2 & 3 bedroom apartments and townhomes at Bloom put you walking distance to great schools, transit routes, amenities and shopping. On the border of Burnaby and West Coquitlam, and steps from 50,000 sq ft of brand new shops and the highly anticipated Evergreen Line, this parkside community is blossoming.
Development by
Springbank
Marketing by
magnum
This is not an offering for sale. Any such offering can only be made with a disclosure statement. E.&O.E.
bloom
PARKSIDE LIVING IN THE NEW COQUITLAM

the station

YOU HAVE ARRIVED

from
$250,900 (1-bedroom)

from
$311,900 (2-bedroom)

from
$413,900 (townhomes)

Developed by ARAGON Properties Ltd.

NEXT STATION.... THE STATION.

It's not often that the figurative and the literal become one and the same, but you'll know you've arrived when you come home to The Station, Aragon Properties Ltd.'s newest development in Port Moody. Located just around the corner from the Port Moody West Coast Express train station and the proposed Evergreen Line's Port Moody station, this brand new 106-unit condominium and townhouse development will surely signal your arrival on the next level of your home-ownership experience. Register now to find out more about The Station's Geothermal Heating and Cooling System, the Amazing Sleek interiors, and all the reasons why this is your next stop in the search for your new home.

Presentation Centre located at 2732 St. Johns Street. Port Moody
For more information call 604-917-0112 / www.thestationliving.ca

Downtown living

AS TOLD TO
PHYLICIA TORREVILLAS

About Iggy

- **NAME:** Lirenzo "Iggy" Ignacio
- **AGE:** 23
- **WHERE:** Granville Strip
- **JOB:** Student

Everything happens here downtown.

When I have nothing to do, I don't have to hop into a car or a cab to go downtown. I always get free entertainment from the different performers or street buskers in the neighbourhood. I think I know everyone who does their music downtown like this guy who just plays two songs every time and a red-headed beat boxer.

Every night is a surprise because something vaguely interesting happens on the streets. If I have a bad day or if I wanted to take a break from studying, I just go down and I see a couple of drunk people on the streets and it makes me smile.

Even though it's a very busy place to be because it's the commercial or business section of the city, it's still a beautiful place because you just need to go a couple of blocks and you're already in Stanley Park.

It's also a great area to go biking, with great scenic views and interesting places from where I'm at. You can bike to Science World, the Seawall and Granville Island.

Since I really like going to concerts, living on the Granville strip is a great thing.

Whenever there's a gig, I wouldn't even have to plan ahead for it. I just spur of the moment ask the bouncer who's playing that night. If it sounds good, I just buy the ticket at the box office.

PHOTOS CONTRIBUTED

▶ Lush gardens make this property a naturally relaxing retreat.

2010 W. 1 Av., in Kitsilano
LISTED: $1,488,000
SOLD: $1,550,000
After only seven days on the market, this 1,693-square-foot, three bedroom and two bathroom townhome in the upscale Kitsilano neighbourhood sold for over asking. With about a 50-foot-long-garden/yard right outside the front door, this attached corner home feels more like a detached home. Windows on three sides allow a lot of light to fill the space. Maintenance fees of $453.33 per month cover building maintenance, gardening, garbage pickup, and building management. Listing agent Robert Moore of Dexter Associates Realty Vancouver says of this unit "This was a rare and luxurious Kitsilano Beach brick brownstone with not only a large front yard, but an outstanding roof top patio with hot tub that needed to be seen to be believed."

201-933 Hornby St. in Downtown Vancouver
LISTED: $298,000
SOLD: $294,000

With an Eastern exposure, this studio (0 bedrooms) condo is 468 square feet. Located on the second floor of this trendy development, Electric Avenue offers unparalleled amenities, such as a gym, party room, private 107-square-foot terrace off the unit, and theatre room. Attached to the Scotiabank Movie Theatre and restaurants and cafes, this building is very popular among investors. Maintenance fees of $163.91 per month cover gardening, a caretaker, garbage pickup and common areas.

706-2321 Scotia St. in Mount Pleasant
LISTED: $698,000
SOLD: $692,000

Built in 2011, this 1,063-square-foot condo is situated in East Vancouver. Alex Pedneault of Sutton Group West Coast Realty states that his listing "was the most desirable North East corner unit with unobstructed city and mountain views." The suite includes a gourmet kitchen, engineered hardwood floors and a balcony. Maintenance fees of $316.65 include a caretaker, gardening, and garbage pickup. The rooftop terrace is great for gatherings and the building is just steps from Downtown, shops, cafes and restaurants.

RYAN DELUCA

OWN VANCOUVER
FROM $865/MONTH*
YES, REALLY, AND WE'RE NOT TALKING ABOUT LIVING IN YOUR CAR.
Imagine owning a home on Vancouver's prestigious West Side for less than you're paying in rent. And we're not talking a woodframe shoebox here – we're talking a solid concrete, LEED-targeted home that's been design-engineered to feel twice its size. Where? Minutes from downtown in a neighbourhood with the growth potential of Yaletown circa 1998. Talk about being in the right place at the right time.
VANCOUVER'S BEST PRICED CONCRETE HOMES
Jr 1 Bed ≥ $229,900 1 Bed ≥ $309,900 2 Bed ≥ $439,900
HQ HOMES AS SMART AS YOU
Own from as low as 5% down.* Visit us today to learn more.
Presentation Centre -1336 SW Marine Drive, Open Daily Noon-6pm (Closed Fridays)
WWW.HQLIVING.CA 604.264.8880
DOWNTOWN 10 MINUTES
UBC 15 MINUTES
HQ
YVR 5 MINUTES
magnum
Century Group

NOW SELLING

developed by ARAGON Properties Ltd. PORT ROYAL

3 BEDROOM RIVERFRONT TOWNHOMES READY FOR OCCUPANCY THIS FALL!

You're an individual, and you walk your own path. You've been looking for something that's unique, a reflection of who you are. Welcome to Flow, 30 riverfront townhomes that are as cool as you are. With modern interiors and contemporary architecture, these three-bedroom townhomes, which feature stunning rooftop patios, are unlike anything else you've seen. Find out more about all the great features at Flow...

STARTING FROM $475,900

REGISTER TODAY

WWW.FLOWLIVING.CA / 604.520.9890

PRESENTATION CENTRE

HOLLY AVE AND SALTER ST, QUEENSBOROUGH, NEW WESTMINSTER
NOON TO 5 PM DAILY EXCEPT FRIDAYS

FLOW
AT PORT ROYAL

3.69%
4-year
Fixed-Rate Mortgage*

Take advantage of me.

the unmortgage®

Call 1-888-600-8980

*Annual interest calculated semi-annually,not in advance.

ING DIRECT
save your money®

Bring Morocco to your home

- Bring an exotic feel to your living space this summer
- Rich colours meet mosaic and lattice-inspired shapes
- This far-away style is becoming increasingly popular

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

Morocco is influenced by the many cultures that surround it.

Acting as a crossroads between the east and west, north and south, Moroccan decor blends styles from France, Portugal and Spain from the northwest, with strong African, Persian, and Islamic influences from the south and east.

This results in a unique and inspirational style specific to Morocco.

Want to create the perfect ethnic-inspired grotto or outdoor retreat? Here's a few elements to consider incorporating.

Strong Moroccan colours

Colour is the focal point of Moroccan decorating.

Use colours like turquoise blue and bright green, mixed metallics like gold and silver for nighttime glitter, and rich reds and oranges that conjure up images of African sunsets.

Moroccan-style furnishings

Interior spaces are busy in pattern but simple in furniture. Sofas and tables are inviting and set low to the ground.

Add colourful pillows, blankets and rugs to the ground for another level of entertaining in true Moroccan style.

Floors in Moroccan interiors

Floors of dark hardwood are covered with plush Persian rugs, and stacked floor cushions create the perfect base for a Moroccan-style room.

1 WEST ELM $400
MOROCCAN HEADBOARD: Frette and lattice cut-out shapes are reminiscent of Moroccan-inspired furniture.

2 HOME DEPOT. $119
TANGIER RUG: Layering inside or outdoor rugs helps give comfort underfoot in true Moroccan style.

3 PIER ONE $25-$40
MOROCCAN LANTERNS: Colourful glass and exotic shapes add an exotic feel to any room.

4 CRATE AND BARREL $80
SYMMETRY PRINT: Artwork that looks like tiles help give a handmade exotic feel to the walls.

ISTOCK IMAGES

Romantic lighting

Lighting is a an important element of Moroccan decor.

- **Dim lighting** can be achieved by lamps and pendants made from coloured glass, cut metal and carved wood.
- **Using candles** in traditional lamps will add the romantic element of moving light to your decor and exotic scents.
- **Simple glass votives** wrapped on the outside with colourful cellophane paper will also add an inexpensive and colourful flicker to your space.

Plants for Moroccan decor

Placed in large, colourful pots or baskets, exotic plants such as banana trees or papyrus help to create an oasis-like feel in a Moroccan-style home.

▶ Moroccan-style beds and sofas are inviting and set low to the ground.

Overhead umbrellas and canopies

Richly coloured sheer or silk swagged over seating or dining areas or mosquito netting over beds add a mysterious touch, reminiscent of desert bazaar tents.

How provocative!

Sensual Moroccan scents

Choose candles, incense, or diffusers in scents rich with spices like cinnamon, nutmeg, saffron, or any exotic spices. They'll help turn your outdoor space into a Moroccan bazaar.

Premature. Exit

▶ Gilles Muller, left, and the Wimbledon umpire check on Milos Raonic after he fell down awkwardly yesterday.

JULIAN FINNEY/GETTY IMAGES

Raonic at the centre of Canada's painful day at Wimbledon

It was a rough day for Canada at the All England Club. Milos Raonic retired because of injury yesterday and Rebecca Marino and Stephanie Dubois also bowed out in the second round as the last Canadian singles players were eliminated at Wimbledon. Raonic had just broken Luxembourg's Gilles Muller for a 2-1 lead in the first set when he went down awkwardly and was forced to call it quits after just 23 minutes. The 20-year-old from Thornhill, Ont., went to hospital for an MRI. THE CANADIAN PRESS

Canucks need to make top pick count

THE HOCKEY NEWS

RORY BOYLEN
VANCOUVER@METRONEWS.CA

The Vancouver Canucks don't draft until the 29th selection of the first round — barring a trade — but when their turn at the podium comes up, GM Mike Gillis has to make the right call.

The Canucks didn't pick until the fourth round a year ago, which is perfectly fine for a team in the lofty position Vancouver is. Two years ago they picked No. 22 and ended up with Jordan Schroeder, who at one time was considered a top-10 pick, but slipped to the Canucks who gladly took him. Given his first full year of pro hockey was slowed a little by injury, Schroeder's 28 points in 61 games were disappointing to say the least.

In 2008, the Canucks ended up with Cody Hodgson at No. 10. Hodgson was a Canadian junior icon for his play internationally and was a highly touted prospect coming out of Brampton of the Ontario Hockey League. Back injuries followed, though, and that's the type of injury that can derail a career no matter how young a kid is. It hurts mobility above all else, but it also lingers and can have long-lasting effects in other areas as well. He at least earned a call-up to the big club and played 12 post-season games, but there are rumours Gillis is beginning to sour a little on Hodgson.

You have to look back to 2006 to see the last Canucks first-rounder who has shown significant progression. Michael Grabner isn't even on the team anymore, but was up for the Calder Trophy this season as a member of the New York Islanders with an astounding 34 goals and 52 points.

So what area should the Canucks target? Well, they have spent their past four first-round picks on forwards, but because none have broken through, it's an area they could go back to. Defence is another area they could improve on as well. Goaltending is the only area that the Canucks should pretty much steer clear of in the opening round when adding a roster player is a must.

Perhaps David Musil of the Vancouver Giants would be a fit. He knows the city, understands the pressures of playing in the fish bowl and is a big, mean blue-liner. He also has an NHL pedigree as his father, Frank, played 797 games in the league with Minnesota, Calgary, Ottawa and Edmonton. The knock on Musil would be the fact his draft stock has dropped throughout the season, which is exactly how Vancouver ended up with Schroeder.

In THN.com's mock draft, we had Czech Dmitri Jaskin going to Vancouver. But whatever the Canucks end up doing, it had better pay off for sure this time. You can only whiff in the draft so many times before it starts to affect your team.

4 PROSPECTS TO KEEP AN EYE ON

MIKA ZIBANEJAD, C

▶ The son of a Finnish mother and Iranian father, Zibanejad could elbow his way into the Top 10. Considered a power forward, the six-foot centre is also a strong skater.

JOHN GIBSON, G

▶ Hoping to follow in the footsteps of predecessor Jack Campbell, who was taken 11th overall by Dallas last year. Gibson is the top-ranked North American goaltender.

NATHAN BEAULIEU, D

▶ One of four Sea Dogs players who could be selected in the first round, he counts Drew Doughty and Sam Gagner among his workout companions in the off-season.

SEAN COUTURIER, C

▶ Once considered a potential No. 1 pick, Couturier has seen his stock dip slightly. However, the QMJHL MVP should still be selected early.

THE CANADIAN PRESS

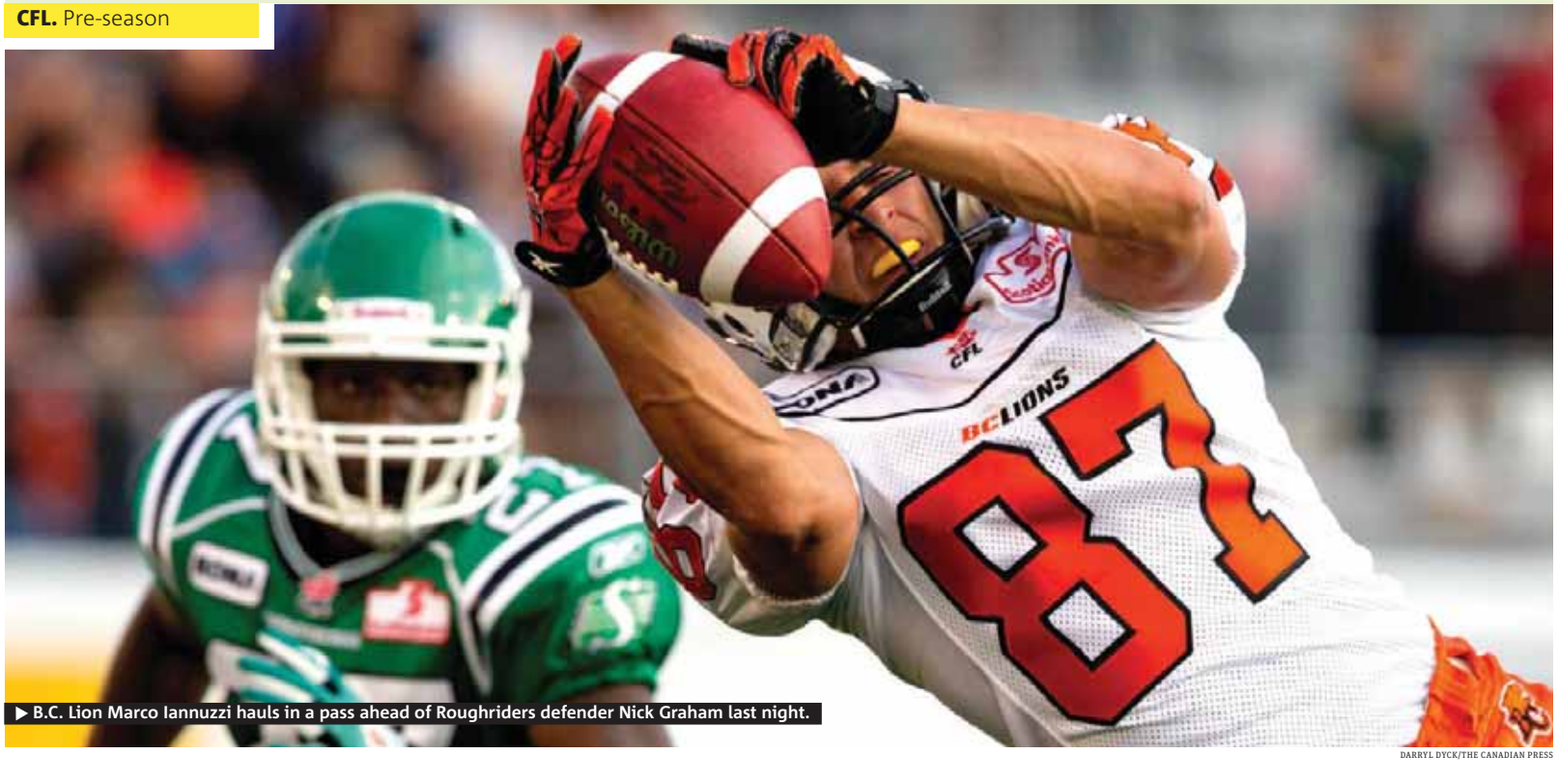
4 sports

Quoted

"They've told me plenty of times they don't want to move me, so I don't think they need to call me every day. I'm not up to date on all the rumours."

STEVE NASH, ON RUMOURS THAT OTHER TEAMS ARE TRYING TO TRADE FOR HIM. PHOENIX SUNS PRESIDENT OF BASKETBALL OPERATIONS LON BABBY EMPHATICALLY SAID THAT THE TWO-TIME LEAGUE MVP ISN'T GOING ANYWHERE. THE LATEST DENIAL CAME AFTER ESPN REPORTED THAT THE SUNS WERE IN TALKS WITH THE MINNESOTA TIMBERWOLVES TO TRADE NASH FOR THE NO. 2 PICK IN TODAY'S DRAFT.

CFL. Pre-season



▶ B.C. Lion Marco Iannuzzi hauls in a pass ahead of Roughriders defender Nick Graham last night.

DARRYL DYCK/THE CANADIAN PRESS

Lions offence relentless in blowout win over Roughriders

Defensive back Korey Banks returned an interception 64 yards for a touchdown and quarterback Mike Reilly threw two late touchdown passes as the B.C. Lions defeated the Saskatchewan Roughriders 34-6 in a CFL exhibition game last night.
First Reilly connected with Nick Moore on an 18-yard pass and then threw a four-yard touchdown pass to Tim Brown just over a minute apart in the game's dying moments.
Travis Lulay looked poised at quarterback in the first half for the Lions. Lulay, who will be the B.C. starter this season, completed 11 of 20 passes for 104 yards. He also showed his running skills in the second quarter, squirming out of the pocket to romp 13 yards. Paul McCallum also kicked three field goals.

Consolation trophies for Canucks

'I'm honoured to win this award but I'd trade it in any minute for the Stanley Cup,' says top NHL GM Gillis

A few prominent Vancouver Canucks got their hands on some hardware at the NHL awards, but it didn't do much to ease the pain left by the trophy that got away.

Daniel Sedin took home the Ted Lindsay Award as the players' MVP, Ryan Kesler won the Selke Trophy as the league's top defensive forward and Mike Gillis was named the general manager of the year during the NHL awards show last night.

"I don't think any of us have kind of had an opportunity to fully decompress from what happened and understand it," said Gillis. "It's great, but I want to win the Stanley Cup."

It's only been a week since the Canucks were beaten 4-0 in Game 7 of the Stanley Cup final by the Boston Bruins. They were reminded of that when Boston's Tim Thomas and Zdeno Chara carried the coveted trophy on stage during the awards show, getting the biggest applause of the night from the crowd.

Sedin failed to secure both of the league's MVP awards — he finished second to Anaheim's Corey Perry in media voting for the Hart Trophy after winning the Ted Lindsay Award selected by his peers.

A year ago, his twin brother Henrik won the Hart and finished second to Alex Ovechkin for the Ted Lindsay.

Kesler finally got his hands on the Selke after being a finalist for the award on two other occasions. He led all NHL forwards in blocked shots with 80 and set personal bests in faceoff percentage and scoring.

"Everything kind of happened for me this year — 41 goals and to win the Selke is a season I'll never forget," said Kesler. "It's nice to get acknowledged. I guess all those years my dad was yelling 'backcheck' at me finally paid off."

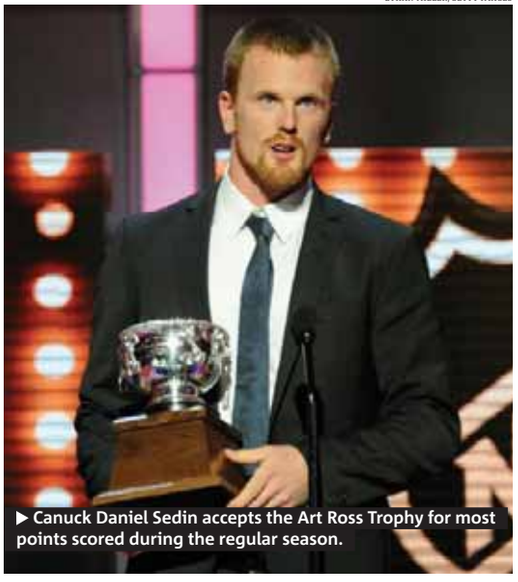
The Canucks received the most nominations of any team following their best regular season in history. In addition to the trophy wins by Sedin, Kesler and Gillis, goaltenders Roberto Luongo and Cory Schneider shared the William M. Jennings award for fewest goals allowed by a team during the regular season. Luongo finished third in voting for the Vezina Trophy behind Stanley Cup nemesis Thomas of the Bruins.

Award winners

Some of the other winners:

- Carolina Hurricanes forward Jeff Skinner took home the Calder Trophy as rookie of the year.
- Tampa Bay Lightning winger Martin St. Louis won his second straight Lady Byng Trophy as the league's most gentlemanly player.
- Dan Bylsma of the Pittsburgh Penguins won the Jack Adams Award as coach of the year.

ETHAN MILLER/GETTY IMAGES

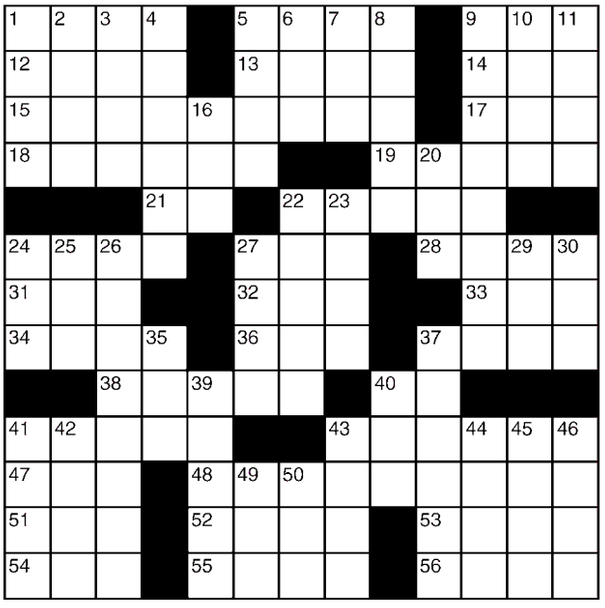


▶ Canuck Daniel Sedin accepts the Art Ross Trophy for most points scored during the regular season.

The awards show was held in Las Vegas for the third straight year and included a mixture of pop culture and hockey.

THE CANADIAN PRESS

Crossword



Across

1 Persian sprite
5 False god
9 Quilters' get-together
12 Tied
13 Pond organism
14 Young fellow
15 Ceremonial greeting
17 Spoon-bender Geller
18 Soldiers
19 Occurrence
21 Yours truly
22 "Get lost!"
24 Ellen of "Juno"
27 Cattle call
28 First-rate
31 Mess up
32 Recede
33 Raw rock
34 Coral structure
36 In medias —
37 Winter forecast
38 Presbyter
40 The x in "2x4"
41 Hiawatha's craft
43 Get along somehow
47 Cage piece
48 Swift pooch
51 Oklahoma city
52 Family member
53 Party pooper
54 Has permission
55 Green or Rogen
56 Fill till full

Down

1 Saucy
2 Always
3 Start over
4 1040 information
5 Prohibits
6 Matterhorn, for one
7 Time of your life?
8 Procrastinator's reply
9 The Marcels' biggest hit
10 Deserve
11 Rewrite
16 Mimic
20 Cistern
22 Uninfluenced?
23 Corn castoffs
24 Apiece
25 Is pluralized
26 Wisconsin city
27 Unembellished
29 Expert
30 Stitch
35 Sitcom waitress
37 Churchly councils
39 Impressionist Edgar
40 "Humbug!"
41 Pull an all-nighter
42 Verdi opera
43 Folklore
44 Emanation
45 Summertime pest
46 Advantage
49 Regret
50 Tolkien tree creature

▶ Yesterday's answer

S	N	A	P	■	A	T	M	■	M	I	R	A
P	O	S	H	■	R	I	O	■	A	M	E	N
I	M	P	O	R	T	E	D	■	S	P	A	N
T	E	S	T	E	D	■	E	S	C	U	D	O
■	■	■	O	D	E	■	S	H	A	G	■	■
O	B	I	■	S	C	I	■	E	R	N	S	T
A	R	M	S	■	O	L	D	■	A	E	R	O
K	A	P	P	A	■	L	E	A	■	D	A	Y
■	■	R	O	B	S	■	A	M	O	■	■	■
G	R	O	U	C	H	■	D	Y	N	A	M	O
R	E	V	S	■	I	M	P	L	O	R	E	D
A	L	E	E	■	V	I	A	■	F	I	N	D
B	O	D	S	■	A	N	N	■	F	A	D	S

Sudoku

1				7		5	4	6
					2			9
		4		3	5	8		
4				5	6	2		
		6	1	8				7
		3	2	9		1		
2			8					
8	9	7		6				3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	4	3	2	9	8	6	1	5
6	9	1	5	3	7	2	8	4
2	8	5	1	4	6	9	7	3
3	1	4	7	8	9	5	2	6
5	6	7	3	2	4	1	9	8
9	2	8	6	1	5	4	3	7
8	7	2	4	5	1	3	6	9
1	5	9	8	6	3	7	4	2
4	3	6	9	7	2	8	5	1

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

JENNY!
Happy 19th Birthday you old fart! =P Dont worry to much though you'll always be a youngin to me!
LOVE EANUS =)

CB,, Babe, It's been almost ten years now and we've definitely had our ups and downs. Things are really beginning to settle down for us and I am so blessed to have a man like you. I love you like there is no tomorrow. XOXO **KL**

Zee, Babyy habibii, I love you so much and love being married to you. I love waking up 1st thing in the morning to just look at you sleeping by my side, I love the way you make me feel with you, I love spending time with you and want to spend the rest of my life with you, forever & always. My love, my life, my everything. <3 **SOUMII**

Today 18°/13° Showers 40%
Friday 15°/11° Showers 60%
IT'S LIKE HAVING A METEOROLOGIST LIVING IN YOUR POCKET. Get your weather on the go with theweathernetwork.com
TWN incorporates MSC data

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You don't like to admit you made a mistake but you'll have no choice today as something you started last week goes spectacularly wrong.

♉ Taurus April 21-May 21 You will have to make some serious sacrifices over the next few days.

♊ Gemini May 22-June 21 You are not in the mood to make compromises and will insist that things are done your way or not at all.

♋ Cancer June 22-July 22 Why are you running from something you fear?You should run towards it.

♌ Leo July 23-Aug.23 If someone is trying to muscle in on your territory, don't make a big issue of it. Ever heard of sharing?

♍ Virgo Aug. 24- Sept. 22 What happens today, tomorrow and over the weekend will change the rules of the game you are playing.

♎ Libra Sept. 23-Oct. 23 Always give yourself two, or even several, options. That is key for you.

♏ Scorpio Oct. 24-Nov. 22 You will get the chance to make your dream come true, but it may cost you — in more than just money.

♐ Sagittarius Nov. 23-Dec. 21 You need to make a decision about a relationship that has been causing you sleepless nights.

♑ Capricorn Dec. 22-Jan. 20 You really must reward yourself with a rest. Not even a Capricorn can carry on forever.

♒ Aquarius Jan. 21-Feb. 18 Whatever you are working on, see it through to the end.

♓ Pisces Feb. 19-March 20. You will be reminded today that taking too much for granted is never a good idea. **SALLY BROMPTON**

Caption contest

PETER DEJONG/ THE ASSOCIATED PRESS

MARK MITCHELL, NEW ZEALAND HERALD/ AP

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

STOP HAIR LOSS
- Revita Hair Growth Stimulating Shampoo & Conditioner
- Improves scalp vitality and acts on follicle dysfunction
- Uses pure, bio-adhesive ingredients including Caffeine, Spin Traps and Peptides
- For Men and Women

MASC
604.688.4555
433 davie street
shopmasc.com

EN RECHERCHE D'EMPLOI OU DE FORMATION ?
LOOKING FOR A JOB OR TRAINING ?
La liberté d'étudier en français partout en C.-B. !
Cours Collégiaux • Aide à la recherche d'emploi
Cours d'anglais • Programmes subventionnés
Collège ÉDUCENTRE College
Canada
www.educacentre.com • 1.800.747.4825
The French College in British Columbia

FLIGHT CENTRE Unbeatable
Puerto Vallarta
7 Nights 4-Star All-inclusive
from $258
taxes & fees $331
1 866 519 5111 | flightcentre.ca
Conditions apply. Ex: Vancouver. Price is per person based on double occupancy for Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

SAVE UP TO $100

That's smart

HURRY, SALE ENDS JUNE 30

HTC Desire™ HD with HTC Sense™

~~$99.99~~

$0* 3 year term

Motorola DEFY™

~~$79.99~~

$0† 3 year term

LG Shine Plus™ with Google™

~~$29.99~~

$0† 3 year term

Nexus S™

~~$149.99~~

$49.99* 3 year term

Samsung Galaxy S Fascinate™ 4G

~~$99.99~~

$79.99* 3 year term

Pair it up with the worry-free Voice & Data Flex 55+ Plan

- 1 GB of flexible data‡
- Unlimited text, picture and video messaging**
- Unlimited nationwide talk with your 10 favourite numbers††

PLUS get unlimited local early Nights (6pm) and Weekends

Available on BC's best‡‡ 4G network.

Check out this offer and more amazing deals at **telusmobility.com/sale**

TELUS the future is friendly®

TELUS AUTHORIZED DEALERS

LOWER MAINLAND

Vancouver
551 Robson St.
Bentall Centre
Oakridge Centre
Pacific Centre
2163 West 4th Ave.
689 Thurlow St.
925 West Georgia St.
1855 Burrard St.
3121 West Broadway
2748 Rupert St.
525 Seymour St.
625 Howe St.
950 West Broadway
1707 Robson St.
1092 Kingsway
3490 Kingsway
2338 Cambie St.

Burnaby
Brentwood Mall
Crystal Square
Lougheed Mall
Metrotown/Metropolis
4501 North Rd.
4711 Kingsway
3823 Henning Dr.
3430 Brighton Ave.

Coquitlam
Coquitlam Centre
2700B Barnet Hwy.
3278 Westwood St.
3000 Lougheed Hwy.
2988 Glen Dr.
1071 Austin Ave.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
Lynn Valley Centre
1199 Lynn Valley Rd.
1295 Marine Dr.
1801 Lonsdale Ave.
1392 Main St.

Richmond
Admiralty Centre Mall
Ironwood Mall
Parker Place
Richmond Centre
12571 Bridgeport Rd.

West Vancouver
Park Royal Shopping Centre North/South

Whistler
7009 Nesters Rd.

Squamish
Garibaldi Village

For more details on these great offers, visit your TELUS authorized dealer or retailer, visit telusmobility.com or call 1-866-264-2966.

FUTURE SHOP BEST BUY LONDON DRUGS Visions BLACK'S

Offers available until June 30, 2011. TELUS reserves the right to modify eligible rate plans with this offer at any time without advance notice. *Available to new consumer activations on a 3 year term with a Clear Choice voice and data rate plan of $50 or greater. †Available to new consumer activations on a 3 year term. ‡Cannot be combined with any other data plan. Tethering included. Additional usage over flex tiers is charged at 5¢/MB. See telusmobility.com for details on Flex Data tiers. Additional data is charged by the MB or GB and is rounded up to the closest KB (1 GB = 1,024 MB; 1 MB = 1,024 KB). Data usage is subject to a monthly overage limit of 10 GB. Data used while roaming in the US is charged at $3/MB, billed in increments of 1 KB/session. Data used while roaming outside Canada and the US is charged at $25/MB, billed in increments of 20 KB/session. **Premium messages are not included. An additional 20¢ charge will apply for each text message or attachment sent outside of Canada and the US. Text messages sent or received while roaming internationally will be charged at 60¢/message. Video and picture messaging are only available in PCS and 1X digital coverage areas. Clients with non-capable phones will receive a text message that includes a web address where they can view the picture or video. Multimedia messaging used while outside of Canada is charged as data roaming. ††Your ten numbers must be Canadian domestic numbers and must not include your own TELUS mobile phone number, your voice mail retrieval number, toll-free or 900 numbers. Nationwide talk refers to local and Canadian long distance calls made to or received from your mobile phone and is subject to additional roaming and/or international charges. You may change the ten numbers once per billing cycle by visiting telusmobility.com. ‡‡Based on network speed and size, as determined by TELUS' tests of data throughput speeds available from national HSPA+ service providers in large provincial urban centres, and comparison of the shared HSPA+ network available from TELUS to the public disclosure of HSPA+ network coverage of other provincial service providers for April 2011. Internet access speed provided by the network operator may vary due to the device being used, network congestion, distance from the cell site, local conditions and other factors. Speed on the Internet is beyond the wireless network operator's control and may vary with your configuration, Internet traffic, website server and management policies, and other factors. TELUS, the TELUS logo, the future is friendly and telusmobility.com are trademarks of TELUS Corporation, used under licence. Google, the Google logo, Google Maps, YouTube, Android and Gmail are trademarks of Google, Inc. Facebook is a registered trademark of Facebook, Inc. All other trademarks are the property of their respective owners. © 2011 TELUS.